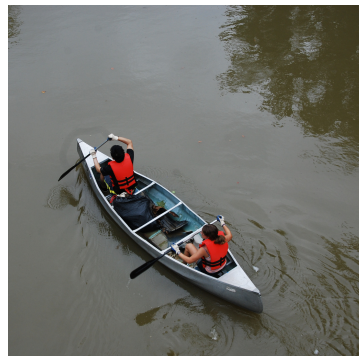
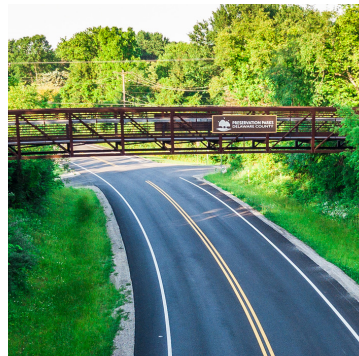


DELAWARE COUNTY

COMMUNITY HEALTH ASSESSMENT

2018



COMMISSIONED BY THE DELAWARE GENERAL HEALTH DISTRICT FOR
THE PARTNERSHIP FOR A HEALTHY DELAWARE COUNTY



Report Published (May, 2018)

Data Collection:
Adult Survey (Delaware County Health Survey) - 2017
Adolescent Survey (Delaware County Youth Risk Behavior Survey) - 2016-2017 School Year
Child Survey (Delaware County Children's Community Survey) - 2017

Cover photos provided by Above the Light Photography, The Delaware General Health District and Scott Sanders, Delaware County Regional Planning Commission

FOREWORD

We are pleased to present this report detailing outcomes of the most recent Delaware County Community Health Assessment. A community health assessment is a systematic examination of the health status indicators for a given population that is used to identify key problems and assets in a community. The ultimate goal of the community health assessment is to develop strategies to address the community's health needs and identified issues.

Enclosed are the results from three different surveys administered in 2017 which assessed parents of young children, middle school and high school aged youth, and adults. This health assessment report provides us with a snapshot of Delaware County, as well as our state and the nation. Relevant secondary information is also included in the report. These data will provide the valuable information needed to identify health priorities and areas of need.

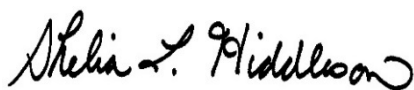
Once priority issues are identified, the data will be used to develop and implement strategies for action, and establish accountability to ensure measurable health improvement. Health equity issues will be addressed because, like in all communities, there are pockets of need in our County. The plan created will become the community health improvement plan which will serve as Delaware County's strategic plan for the next four years.

This comprehensive community health assessment is the result of a strong commitment of dedicated community partners who provided not only time and energy to the process but also funding. Special thanks to the Partnership for a Healthy Delaware County, a coalition of 140+ Delaware County representatives, from agencies and organizations consisting of law enforcement, health care, business, government, schools, universities, social service agencies, non-profits and community residents, for driving the assessment and strategic planning process.

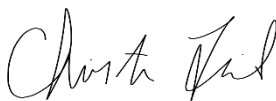
We also would like to recognize those entities that provided funding for the assessments: the Delaware-Morrow Mental Health and Recovery Services Board, Drug-Free Delaware, OhioHealth Grady Memorial Hospital, the United Way of Delaware County, along with the Health District. Thanks to the Hospital Council of Northwest Ohio for guiding the process. Furthermore, we would like to thank our residents for taking the time to complete the health assessment surveys.

We hope you find the information helpful and can use it to guide your decision-making processes. We also hope that information from this assessment will foster new collaborative opportunities to improve the lives of Delaware County residents. Lastly, we hope that you use the information gained to positively impact those whose lives you touch as we move forward on our quest in making Delaware County a healthier place to live, work and play.

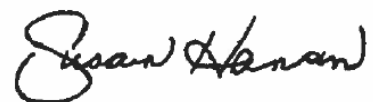
In good health,



Shelia Hiddleston, RN, MS
Health Commissioner
Delaware General Health District



Chris Fink, PhD
Ohio Wesleyan University
Partnership Co-Chair



Susan Hanson, MSW, LISW-S
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Delaware General Health District
Delaware-Morrow Mental Health and Recovery Services Board
Drug-Free Delaware
OhioHealth Grady Memorial Hospital
United Way of Delaware County

This report has been commissioned by The Delaware General Health District and the Community Health Assessment Subcommittee of the Partnership for a Healthy Delaware County:

Key:

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+ =Worked on the Delaware County Adult and/or Child Assessment

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Key:

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

<http://www.hcno.org/community/data-indicator.html>

The 2016/17 Delaware County Health Assessment is available on the following websites:

Delaware General Health District

www.delawarehealth.org

Delaware-Morrow Mental Health and Recovery Services Board

<http://dmmhrsb.org/>

Drug-Free Delaware

<http://drug-freedelaware.org/>

Hospital Council of Northwest Ohio

<http://www.hcno.org/community/reports.html>

United Way of Delaware County

<https://www.liveuniteddelawarecounty.org/>

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TABLE OF CONTENTS

EXECUTIVE SUMMARY

Primary Data Collection Methods	Pages 7-10
2016 Ohio State Health Assessment (SHA)	Page 11
Data Summary	Pages 12-26
Trend Summary	Pages 27-44

ADULT HEALTH CARE ACCESS

Health Care Coverage	Pages 45-47
Access and Utilization	Pages 48-49
Preventive Medicine	Pages 50-51
Women's Health	Pages 52-54
Men's Health	Pages 55-58
Oral Health	Pages 59-60

ADULT HEALTH BEHAVIORS

Health Status Perceptions	Pages 61-62
Weight Status	Pages 63-66
Tobacco Use	Pages 67-70
Alcohol Consumption	Pages 71-74
Drug Use	Pages 75-79
Sexual Behavior	Pages 80-82
Mental Health	Pages 83-85

ADULT CHRONIC DISEASE

Cardiovascular Health	Pages 86-90
Cancer	Pages 91-94
Arthritis	Pages 95-96
Asthma	Pages 97-98
Diabetes	Page 99
Quality of Life	Pages 100-101

ADULT SOCIAL CONDITIONS

Social Determinants of Health	Pages 102-106
Environmental Health	Page 107

YOUTH HEALTH

Weight Status	Pages 108-112
Tobacco Use	Pages 113-116
Alcohol Consumption	Pages 117-121
Drug Use	Pages 122-124
Sexual Behavior	Pages 125-128
Mental Health	Pages 129-132
Safety	Pages 133-134
Violence Issues	Pages 135-138
Perceptions of Substance Abuse	Pages 139-142

CHILD HEALTH

Health and Functional Status	Pages 143-145
Health Care Access	Pages 146-147
Early Childhood (0-5 Years)	Pages 148-149
Middle Childhood (6-11 Years)	Pages 150-151
Family and Community Characteristics	Pages 152-155

APPENDICES

APPENDIX I — Health Assessment Information Sources	Pages 156-159
APPENDIX II — Acronyms and Terms	Pages 160-161
APPENDIX III — Weighting Methods	Pages 162-163
APPENDIX IV — School Participation	Page 164
APPENDIX V — Demographic Profiles	Pages 165-166
APPENDIX VI — Demographics and Household Information	Pages 167-174
APPENDIX VII — County Health Rankings	Pages 175-177
APPENDIX VIII — Partnership Profile	Pages 178-179

EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Delaware County adults (ages 19 and older), youth (ages 12 to 18), and children (ages 0 to 11) who participated in a county-wide health assessment survey. This executive summary will provide data collection methods and alignment with the 2016 Ohio State Health Assessment (SHA). Following the alignment with the Ohio SHA, data and trend summaries will provide an overview of the data found in the full 2017 Delaware County Health Assessment. Adult and child data was collected from August 2017 to November 2017, and youth data was collected from November 2016 to January 2017. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Surveillance System (YRBSS), and the National Survey of Children's Health (NSCH) which was developed by the Child and Adolescent Health Measurement Initiative. The Hospital Council of Northwest Ohio (HCNO) collected the adult and child data, guided the needs assessment process, and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

The adult and child community health assessments were cross-sectional in nature and included a written survey of adults and parents. The Delaware County Youth Risk Behavior Survey (DCYRBS) was also cross-sectional in nature and included an anonymous online survey of adolescents within Delaware County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Each school district appointed a lead contact person to provide guidance to the DCYRBS subcommittee on survey content and building implementation. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment. Comparisons to local, state and national data were made, along with alignment to the Healthy People 2020 target objectives, when applicable.

INSTRUMENT DEVELOPMENT | Adult and Child Surveys

Two survey instruments were designed and pilot tested for this study: one for adults and one for parents of children ages 0-11. As a first step in the design process, health education researchers from the University of Toledo and staff members from the 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 and children. The investigators decided to derive the majority of the adult survey items from the BRFSS, and the majority of the survey items for parents of children ages 0-11 from the NSCH. This decision was based on being able to compare local data with state and national data.

The project coordinator from the HCNO conducted a series of meetings with the Partnership for a Healthy Delaware County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions from the BRFSS and NSCH surveys. Based on input from the Partnership for a Healthy Delaware County, the project coordinator composed drafts of surveys containing 112 items for the adult survey and 75 items for the child survey. Health education researchers from the University of Toledo reviewed and approved the drafts.

INSTRUMENT DEVELOPMENT | Adolescent Survey

An electronic survey instrument was designed for this study. As a first step in the design process, members of the DCYRBS Subcommittee met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adolescents. The investigators decided to derive the majority of the survey items from the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System (YRBSS). This was important because it provided for a more valid comparison of the findings with the state and national YRBSS data. Additional questions were developed with the Hospital Council of Northwest Ohio and researchers at the University of Toledo. Based on input from the DCYRBS Subcommittee and school district officials, an online survey tool was created containing 90 questions for high school students and 69 questions for the middle school students. The DCYRBS Subcommittee decided not to include questions of a sensitive nature on the middle school survey, resulting in fewer questions.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Delaware County. There were 121,575 persons ages 19 and older living in Delaware County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings). A sample size of at least 383 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Delaware County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California.

SAMPLING | Adolescent Survey

Youth in grades 6-12 in all Delaware County public school districts (deemed to be within Delaware County by the Ohio Department of Education) were used as a sample for this youth survey. For more information on participating districts and schools, see Appendix III. Since the U.S. Census Bureau’s, 2015 American Community Survey 1 year estimate age categories do not correspond exactly to this age parameter, the investigators calculated the population of those between 10 and 19 years old living in Delaware County. There were approximately 31,268 youth ages 10 to 19 years old living in Delaware County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 380 youth was needed to ensure this level of confidence.

SAMPLING | Child Survey

The sampling frame for the child survey consisted of children ages 0-11 residing in Delaware County. Using U.S. Census Bureau data, it was determined that 34,604 children ages 0-11 resided in Delaware County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error). Because many of the items were identical between the 0-5 and 6-11 surveys, the responses were combined to analyze data for children 0-11. The sample size required to generalize to children aged 0-11 was 380. The random sample of mailing addresses of parents from Delaware County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Delaware County. This advance letter was personalized and printed on Delaware General Health District stationery. The letter was signed by Shelia Hiddleston, RN, MS, Health Commissioner, Delaware General Health District; Chris Fink, PHD, Ohio Wesleyan University, Partnership Co-Chair; and Susan Hanson, MSW, LISW-S, HelpLine of Delaware and Morrow County, Partnership Co-Chair. The letter introduced the county needs assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

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

The response rate for the mailing was 37% ($n=405$; $CI=\pm 4.86$). This return rate and sample size means that the responses in the needs assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey

In August 2016, local school superintendents met with the Delaware General Health District's Health Commissioner, Sheila Hiddleston and the Delaware/Morrow Mental Health Recovery Services Board Executive Director, Steve Hedge. At this meeting, the superintendents consented to administer the assessment during the fall of the 2016/2017 school year, and requested an electronic survey tool. The superintendents each identified a project lead from their district to assist the DCYRBS Subcommittee with planning and administration of the survey. These district representatives started meeting with the DCYRBS Subcommittee in late August 2016. The students took the surveys between November 2016 and January 2017. All school buildings but one used a passive parental permission slip. One middle school used an active parental permission slip. Administration of the online survey commenced in November 2016 using an anonymous Survey Monkey link.

Principals and teachers at each building identified the best class and timeframe to reach the desired student population. Students were advised that their answers were anonymous. All students used district provided technology to complete the online survey, with all results collected by the Hospital Council of Northwest Ohio. The goal was to survey as many students as possible at each school. A total of 10,784 students were surveyed ($n=10,784$; $CI \pm 0.76$).

PROCEDURE | Child Survey

Prior to mailing the survey to parents of 0-11-year-olds, the project team mailed an advance letter to 2,400 parents in Delaware County. This advance letter was personalized and printed on Delaware General Health District stationery. The letter was signed by Shelia Hiddleston, RN, MS, Health Commissioner, Delaware General Health District; Chris Fink, PhD, Ohio Wesleyan University, Partnership Co-Chair; and Susan Hanson, MSW, LISW-S, HelpLine of Delaware and Morrow County, Partnership Co-Chair. The letter introduced the county needs 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.

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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 23.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Delaware County, the adult data collected was weighted by age, gender, race, and income using 2015 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 Delaware 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 Delaware County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

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 and the NSCH questionnaire, the adult and parent data collection method differed. The CDC adult data and NSCH child data were collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county needs assessment.

This survey asked parents questions regarding their young children. Should enough parents have felt compelled to respond in a socially desirable manner inconsistent with reality, this would represent a threat to the internal validity of the results.


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 sites, including county-level data, wherever possible. HCNO utilized sites, such as Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC sites, U.S. Census data, Healthy People 2020, etc. All of the data is included in the section of the report it corresponds with. All other data will be sourced accordingly.

2016 Ohio State Health Assessment (SHA)

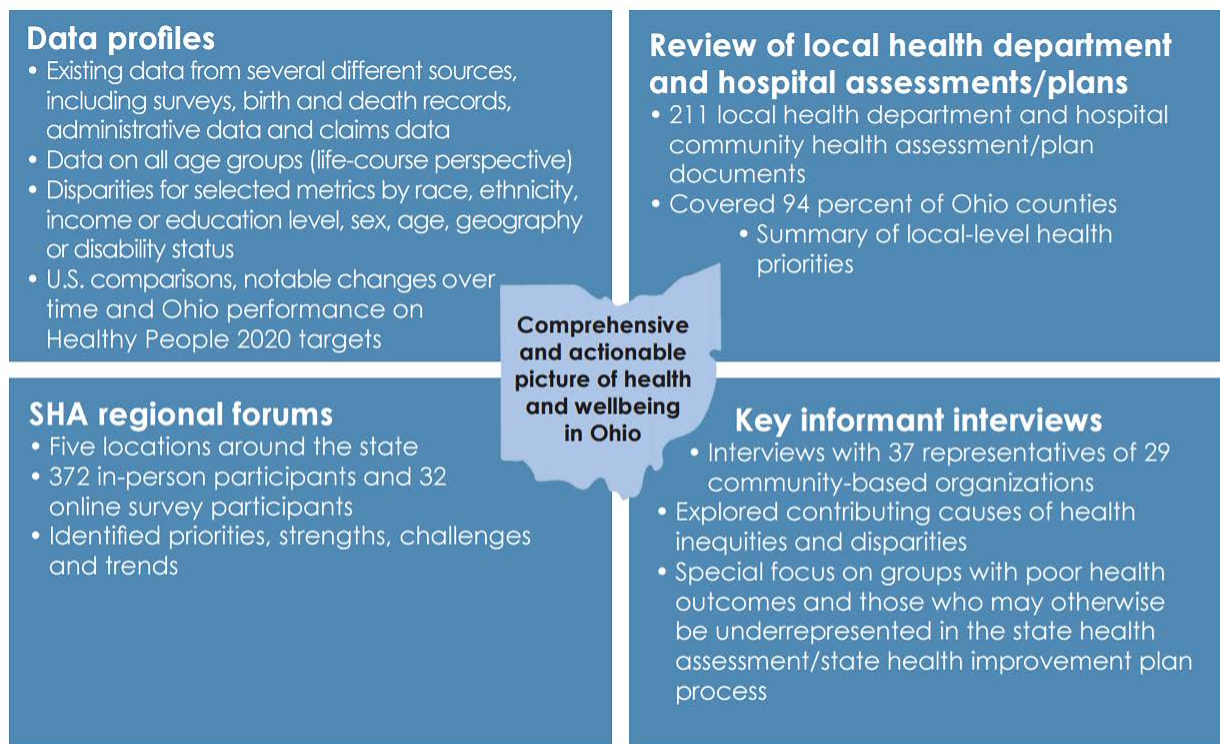
The 2016 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, a review of local health department and hospital assessments, and plans and key informant interviews.

Similar to the 2016 Ohio SHA, the 2016/17 Delaware 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 2016 Ohio SHA.** An example of an indicator that directly aligns with the 2016 Ohio SHA includes: "Percent of adults that report fair or poor health." This indicator, measured by the Delaware County Health Assessment, aligns with a priority indicator that will be continually monitored by the Ohio Department of Health to improve the health and wellbeing of Ohio.

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 full 2016 Ohio State Health Assessment, please visit: http://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/chss/ship/SHA_FullReport_08042016.pdf?la=en

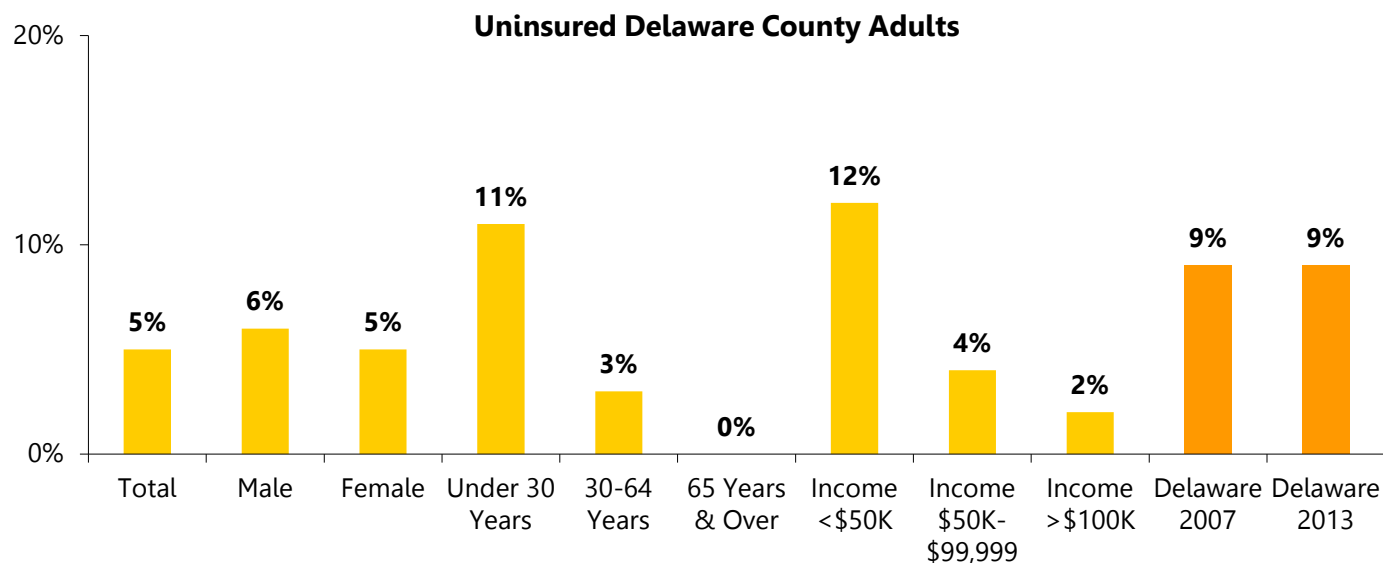
FIGURE 1.1 | State Health Assessment (SHA) Sources of Information



2017 Delaware County Data Summary | Adult Health

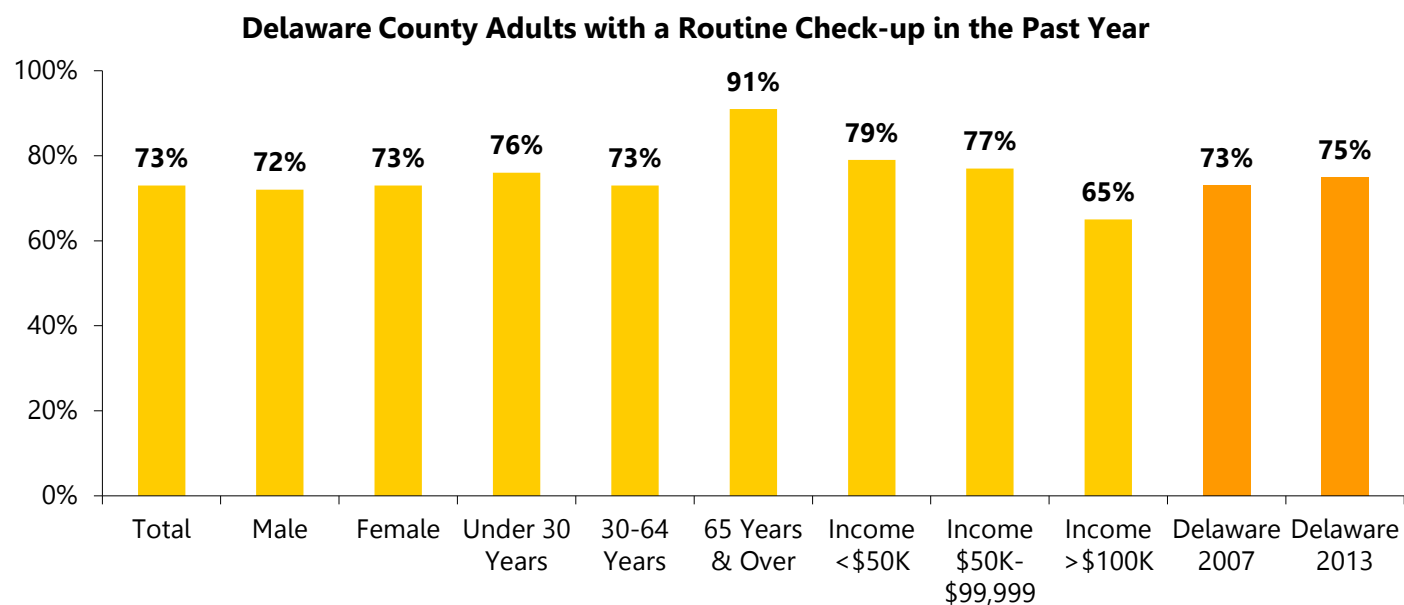
ADULT HEALTH CARE COVERAGE

The 2017 health assessment identified that 5% of Delaware County adults were without health care coverage. Those most likely to be uninsured were adults with incomes less than \$50,000. The top reason adults gave for being without health care coverage was they lost their job or changed employers (42%).



ADULT ACCESS AND UTILIZATION

Almost three-fourths (73%) of Delaware County adults had visited a doctor for a routine checkup in the past year. Forty-three percent (43%) of Delaware County adults reported they had a living will, increasing to 81% of those over the age of 65. One-fourth (25%) of adults did not get prescriptions from their doctor filled in the past year.



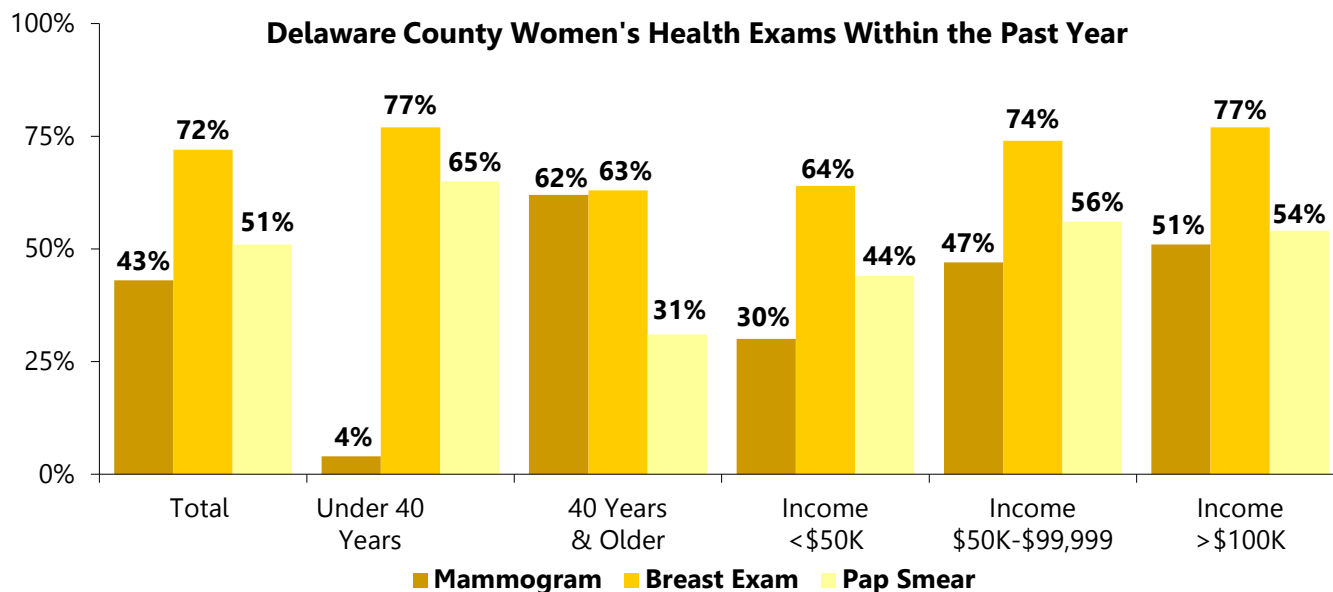
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT PREVENTIVE MEDICINE

Eighty-two percent (82%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-seven percent (57%) of adults had a flu vaccine during the past 12 months. Fifteen percent (15%) of adults did not get a flu vaccine in the past month because they get sick from it.

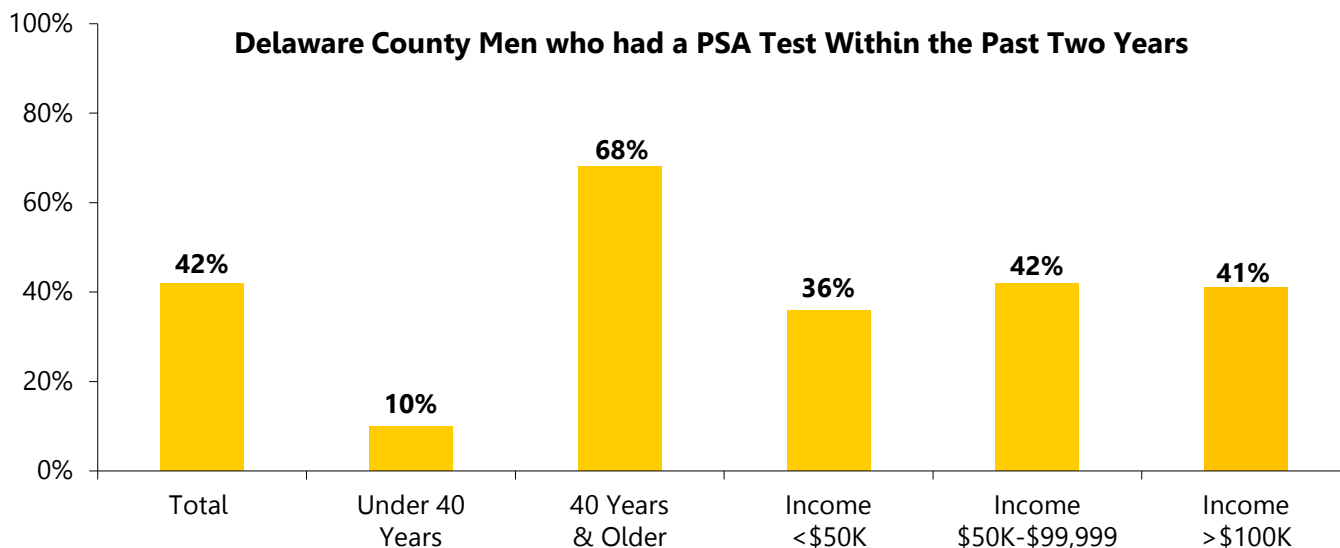
WOMEN'S HEALTH

In 2017, sixty-two percent (62%) of Delaware County women over the age of 40 reported having a mammogram in the past year. Seventy-two percent (72%) of females ages 19 and over had a clinical breast exam and 51% had a Pap smear to detect cancer of the cervix in the past year. Two percent (2%) of women survived a heart attack at some time in their life. One-third (33%) had high blood cholesterol, 28% were obese, 23% had high blood pressure, and 9% were identified as smokers, all known risk factors for cardiovascular diseases.



MEN'S HEALTH

In 2017, 88% of Delaware County males over the age of 50 had a Prostate-Specific Antigen (PSA) test at some time in their life. Thirty-six percent (36%) of men had high blood cholesterol, 35% had been diagnosed with high blood pressure, and 12% were identified as smokers, which, along with obesity (31%), are known risk factors for cardiovascular diseases.

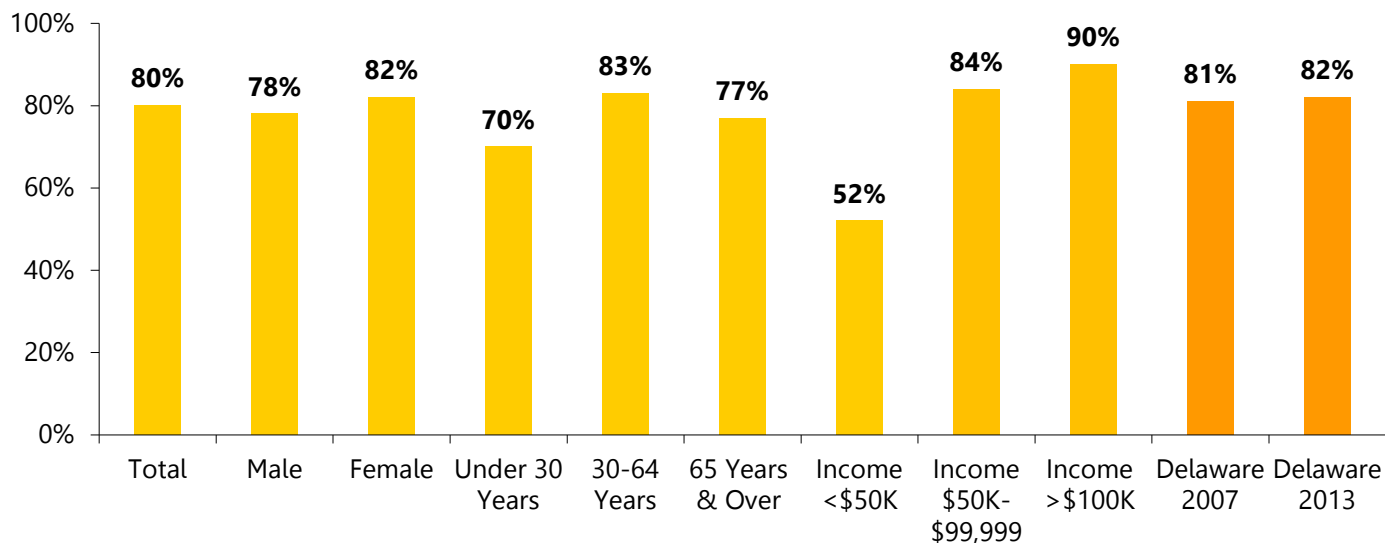


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT ORAL HEALTH

Eighty percent (80%) of Delaware County adults visited a dentist or dental clinic in the past year. More than four-fifths (83%) of Delaware County adults with dental insurance had been to the dentist in the past year, compared to 76% of those without dental insurance.

Delaware County Adults Visiting a Dentist or Dental Clinic in the Past Year*

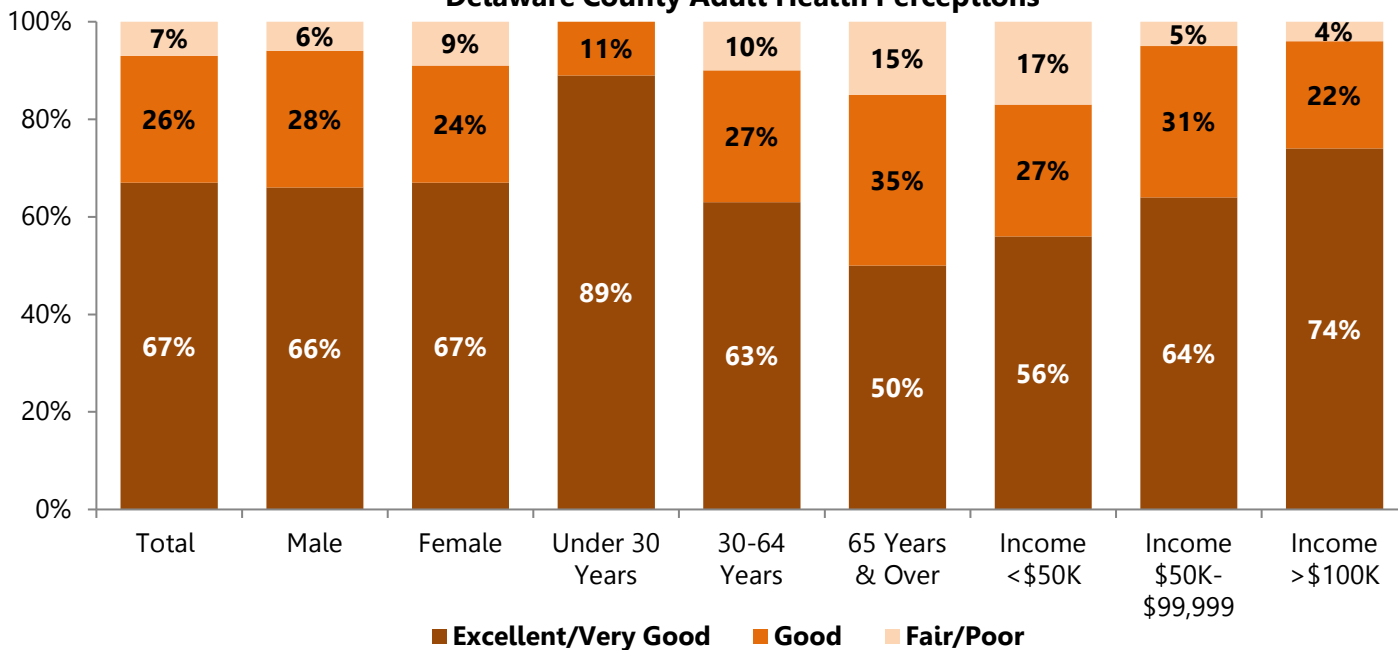


*Totals may not equal 100% as some respondents answered do not know.

ADULT HEALTH STATUS PERCEPTIONS

In 2017, more than two-thirds (67%) of Delaware County adults rated their health status as excellent or very good. Conversely, 7% of adults, increasing to 17% of those with incomes less than \$50,000, described their health as fair or poor.

Delaware County Adult Health Perceptions*

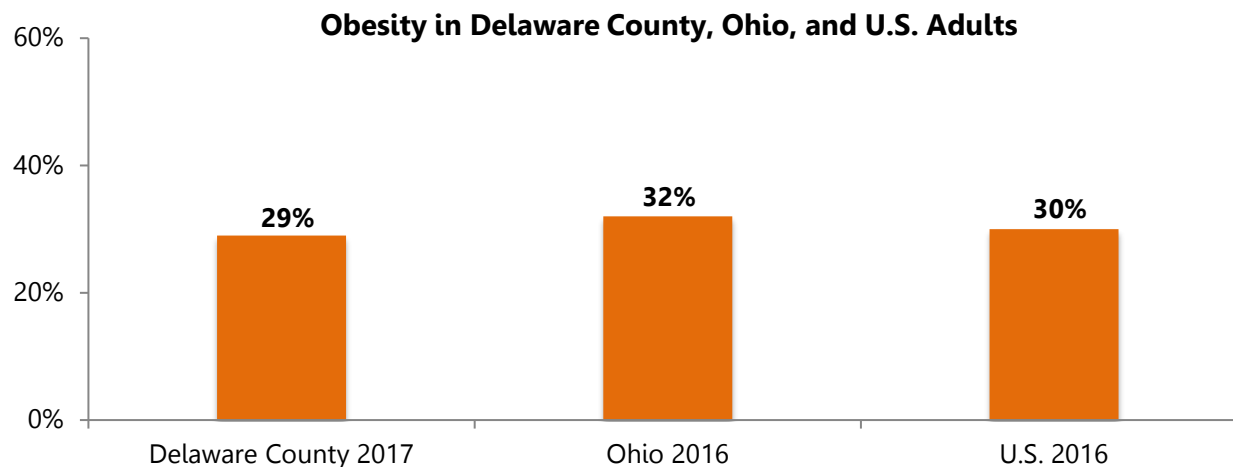


*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

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.

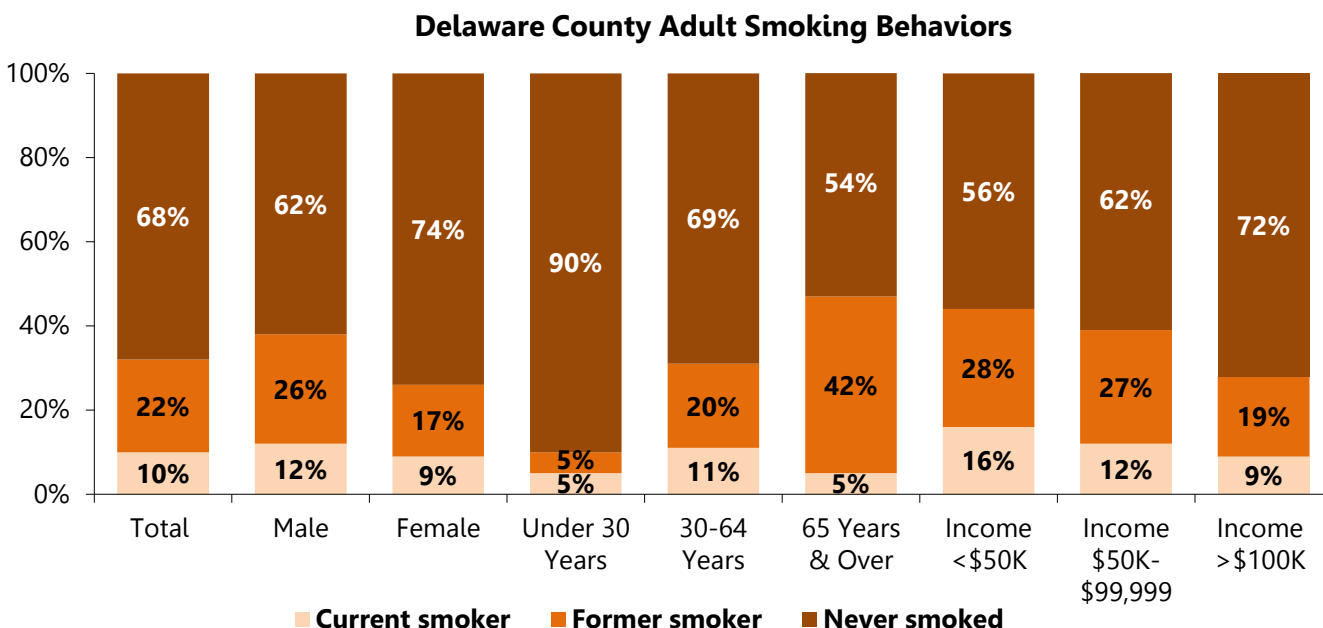
ADULT WEIGHT STATUS

Sixty-five percent (65%) of Delaware County adults were overweight or obese based on Body Mass Index (BMI). Almost half (47%) of adults engaged in some type of physical activity or exercise for at least 30 minutes on four or more days per week. When calorie information is available in a restaurant, 10% of adults reported it always helped them decide what to order.



ADULT TOBACCO USE

In 2017, 10% of Delaware County adults were current smokers, and 22% were considered former smokers. Four percent (4%) of adults used vaping products in the past month. Fifty-eight percent (58%) of Delaware County adults believed that e-cigarette vapor was harmful to themselves. Almost two-fifths (38%) of adults did not know if e-cigarette vapor was harmful.

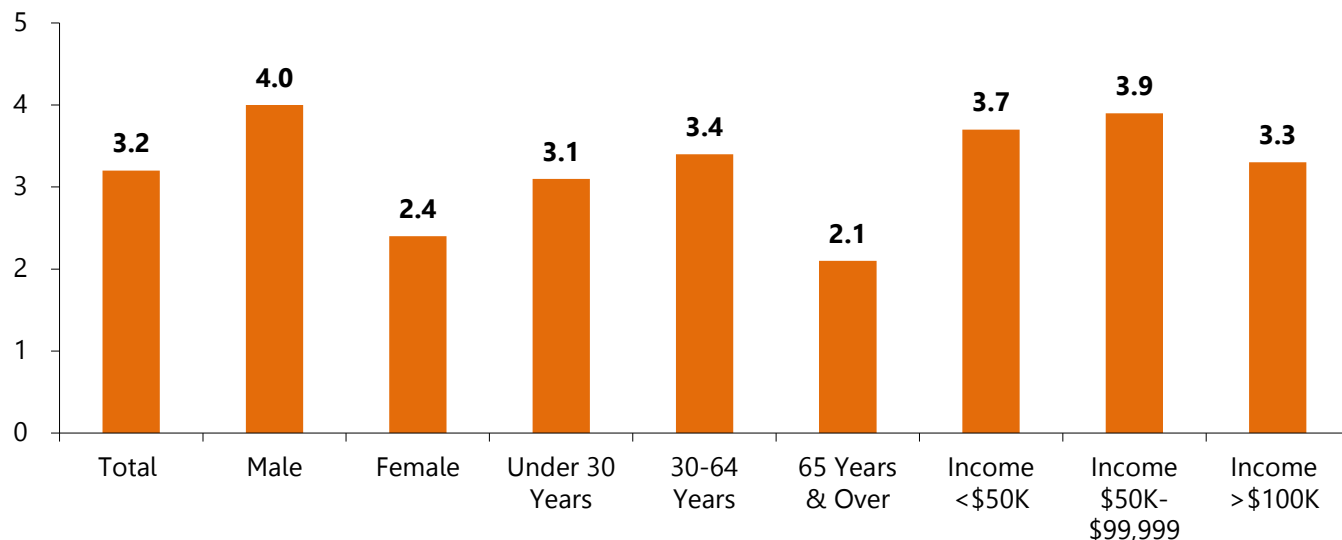


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT ALCOHOL CONSUMPTION

In 2017, 69% of Delaware County adults were considered current drinkers (defined as having had at least one alcoholic drink in the past month). Over one-fifth (22%) of 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.

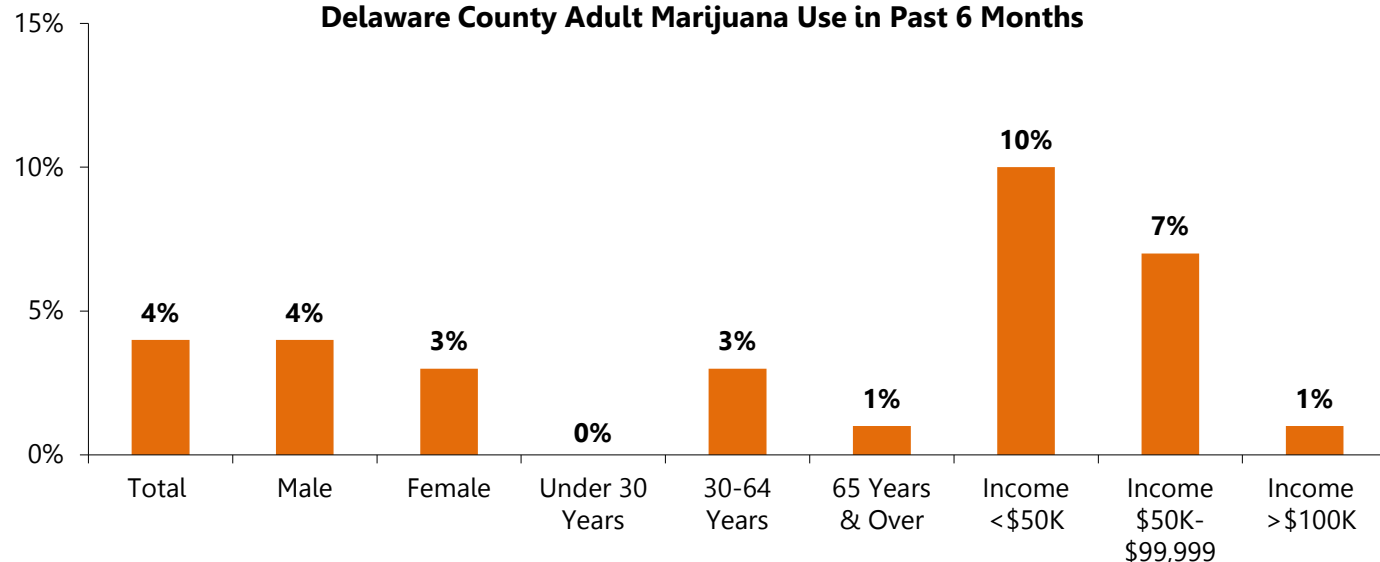
Adults Average Number of Drinks Consumed Per Drinking Occasion



ADULT DRUG USE

In 2017, 4% of Delaware County adults had used marijuana during the past 6 months. Seven percent (7%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Delaware County Adult Marijuana Use in Past 6 Months



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.

ADULT SEXUAL BEHAVIOR

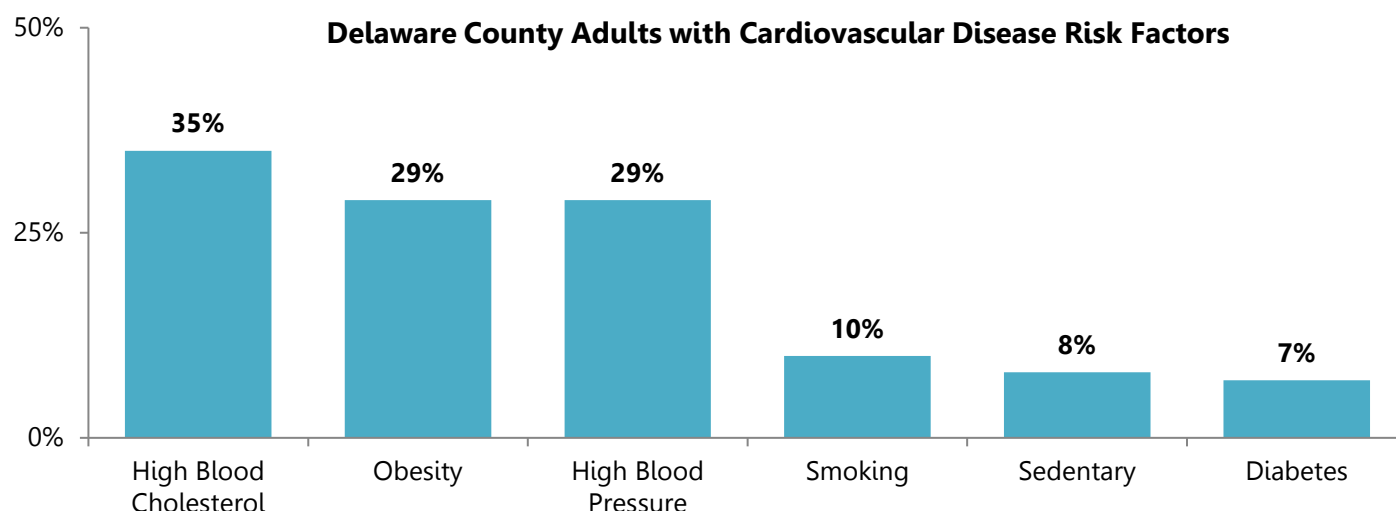
In 2017, 74% of Delaware County adults had sexual intercourse in the past year. Five percent (5%) of adults had more than one partner. Ten percent (10%) of Delaware County adults reported being forced or coerced to have unwanted sexual activity, increasing to 17% of females.

ADULT MENTAL HEALTH

In 2017, 3% of Delaware County adults considered attempting suicide. Sixteen percent (16%) of Delaware County adults have used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

ADULT CARDIOVASCULAR HEALTH

The 2017 Delaware County Health Assessment found that 3% of adults had survived a heart attack at some time in their life. More than one-third (35%) of Delaware County adults had high blood cholesterol, 29% were obese, 29% had high blood pressure, and 10% were smokers, all of which are known risk factors for heart disease and stroke.



ADULT CANCER

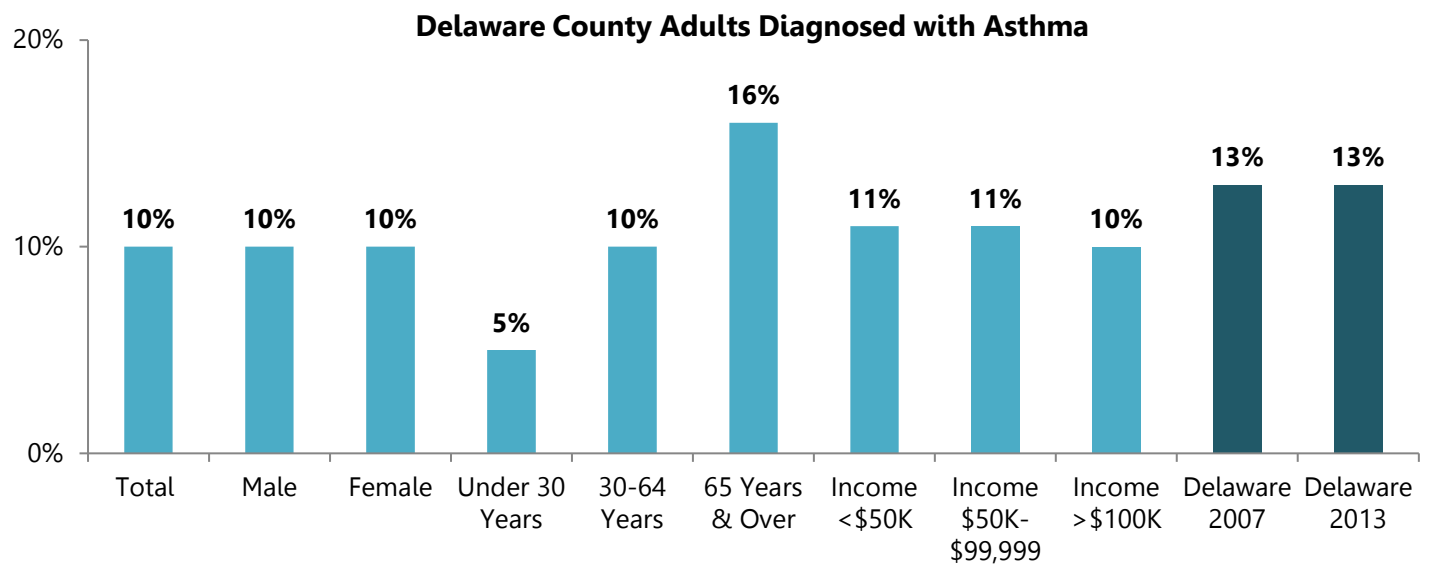
In 2017, 11% of Delaware County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health indicates that from 2014-2016, a total of 781 Delaware County residents died from cancer, the leading cause of death in the county.

ADULT ARTHRITIS

More than one-fourth (29%) of Delaware County adults were diagnosed with arthritis. According to the 2016 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they had arthritis.

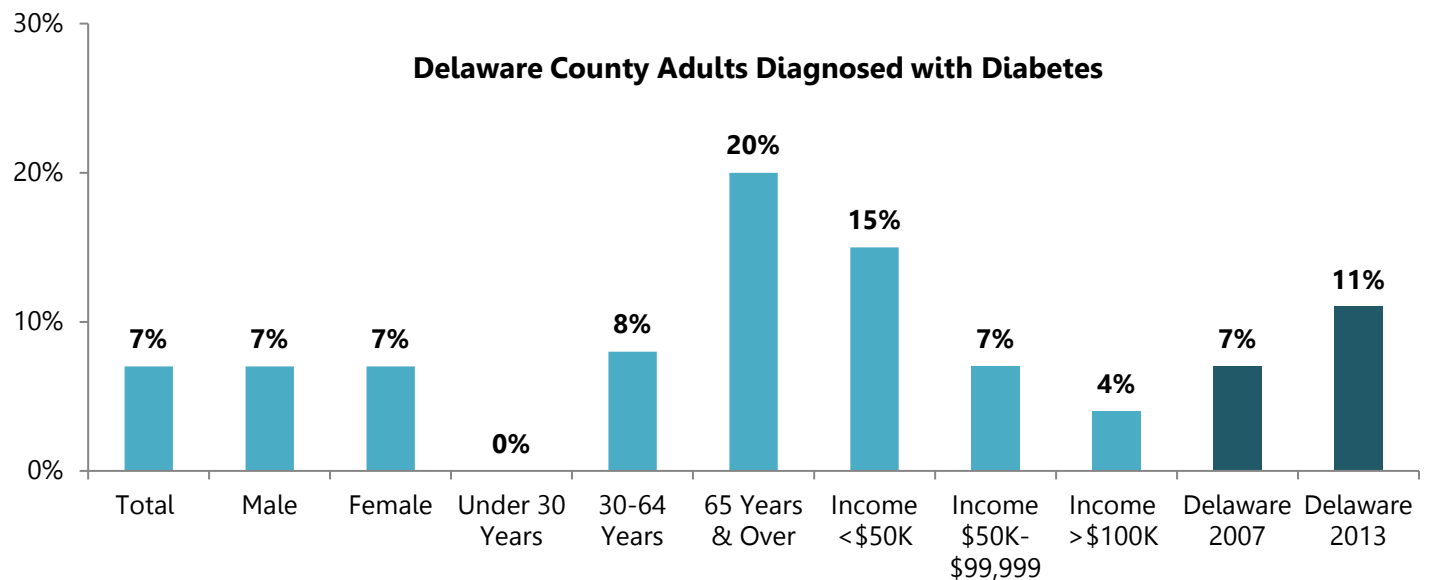
ADULT ASTHMA

According to the 2017 health assessment, 10% of adults had been diagnosed with asthma.



ADULT DIABETES

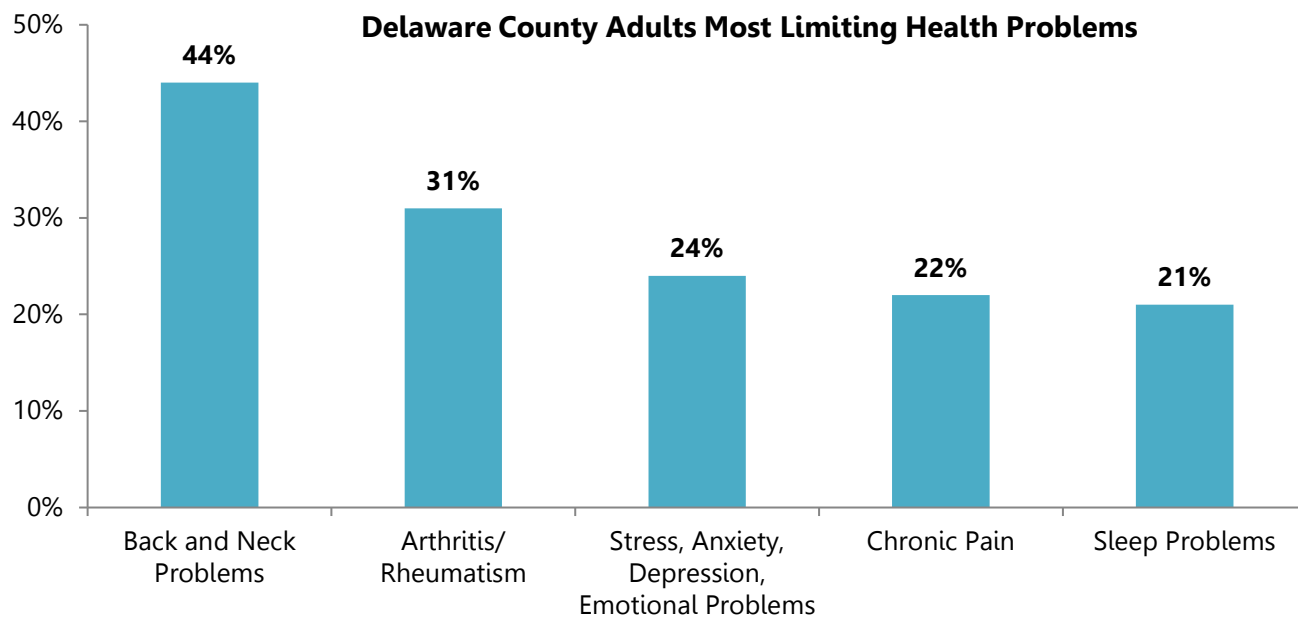
In 2017, 7% of Delaware County adults had been diagnosed with diabetes.



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.

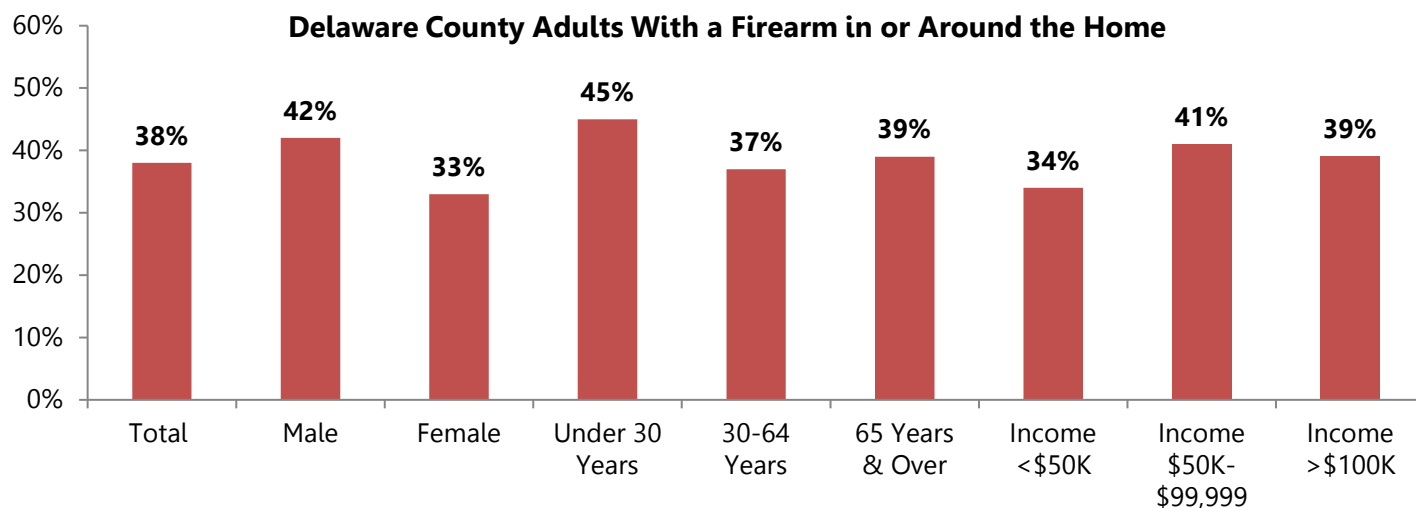
ADULT QUALITY OF LIFE

In 2017, 64% of Delaware County adults were limited in some way because of a physical, mental or emotional problem. Back or neck problems (44%) were reported as the most limiting problem in Delaware County.



ADULT SOCIAL DETERMINANTS OF HEALTH

In 2017, 2% of Delaware County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). In the past year, 5% of Delaware County adults had to choose between paying bills and buying food. Seven percent (7%) of adults experienced four or more Adverse Childhood Experiences (ACEs) in their lifetime. Thirty-eight percent (38%) of Delaware County adults kept a firearm in or around their 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.

ADULT ENVIRONMENTAL HEALTH

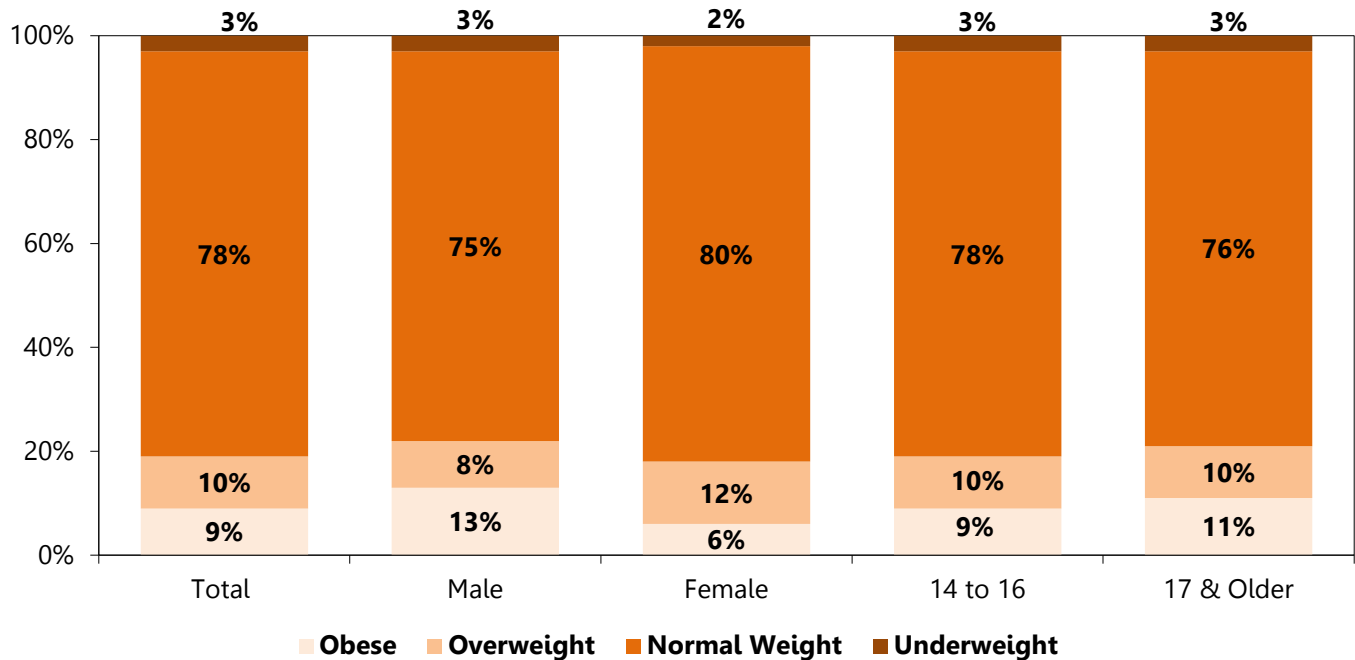
Delaware County adults reported the following top three issues that threatened their health in the past year: mold (5%), air quality (3%), and insects (3%). Ninety-two percent (92%) of adults reported that they had a working smoke detector in their home.

2016/17 Delaware County Data Summary | Youth Health

YOUTH WEIGHT STATUS

The 2016/17 DCYRBS health assessment identified that 19% of Delaware County high school youth were either overweight or obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 23% of Delaware County youth reported that they were slightly or very overweight. Seventy-eight percent (78%) of youth were exercising for 60 minutes on 3 or more days per week.

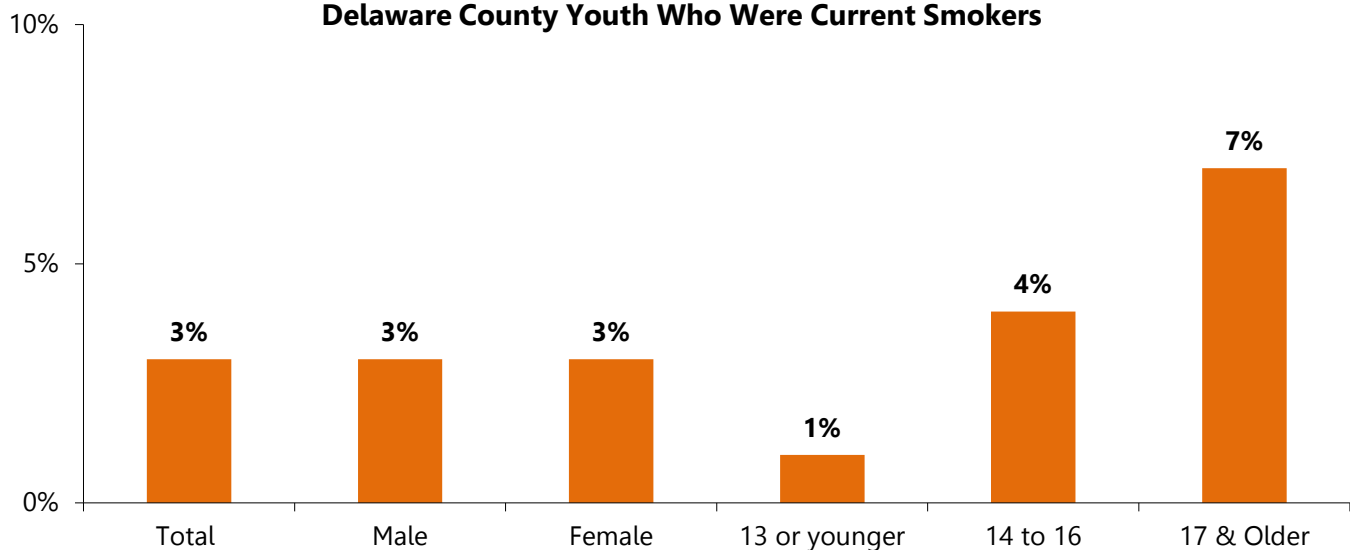
Delaware County High School Youth BMI Classifications



YOUTH TOBACCO USE

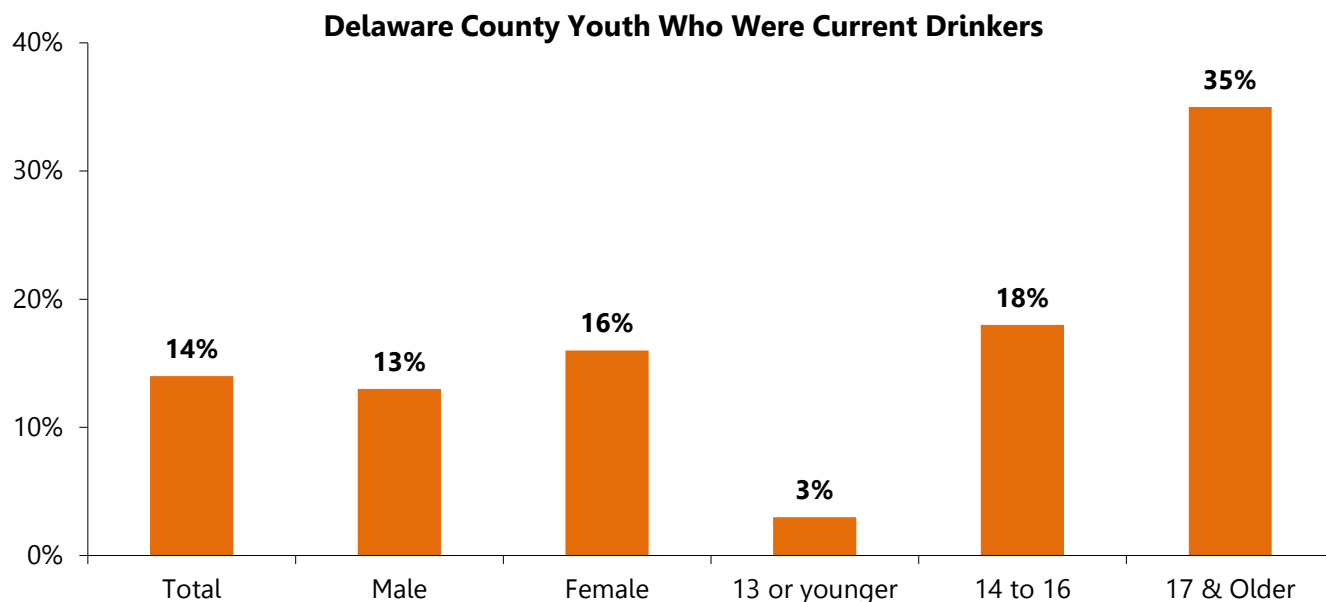
The 2016/2017 DCYRBS health assessment identified that only 3% of Delaware County youth were current smokers, increasing to 7% of those ages 17 and older. However, 10% of Delaware County youth used electronic vapor products, increasing to 20% of those 17 and older. Two percent (2%) of youth used chewing tobacco or snuff in the past year.

Delaware County Youth Who Were Current Smokers



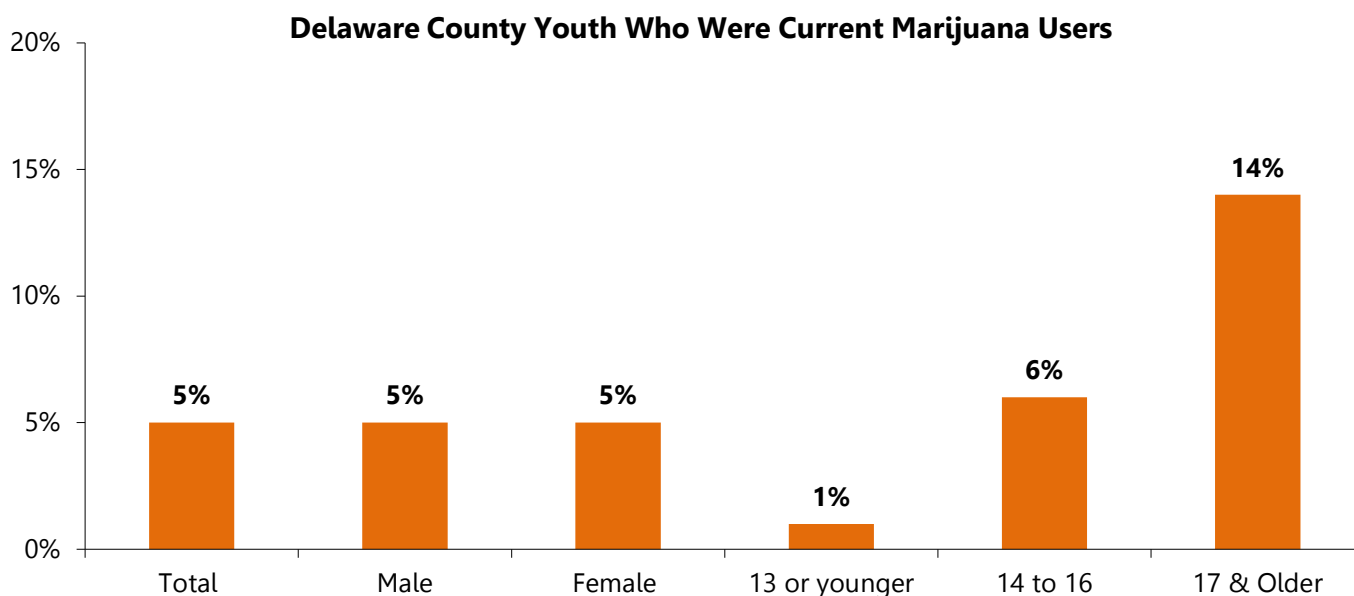
YOUTH ALCOHOL USE

In 2016/17, the DCYRBS health assessment results indicated that 14% of all Delaware County youth and 35% of those over the age of 17 had at least one drink in the past 30 days. Over one-quarter (26%) of all Delaware County youth had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older. Over two-fifths (44%) of high school youth who reported drinking in the past 30 days had at least one episode of binge drinking. Five percent (5%) of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.



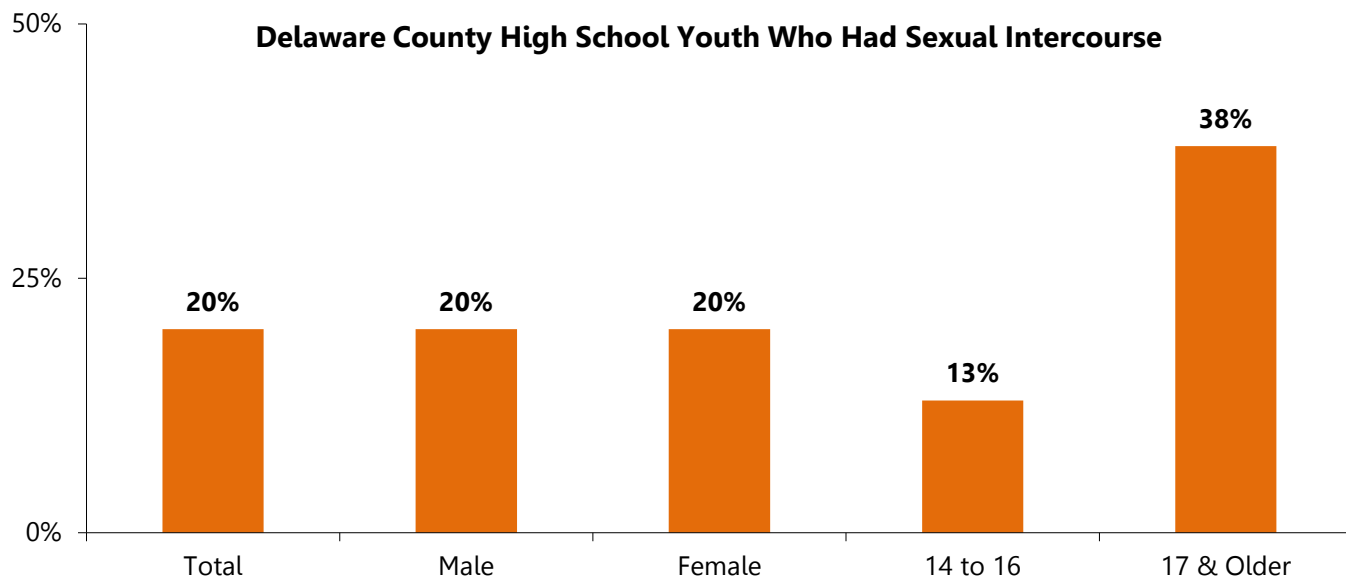
YOUTH DRUG USE

In 2016/17, 5% of Delaware County youth had used marijuana at least once in the past 30 days, increasing to 14% of those ages 17 and older. Four percent (4%) of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.



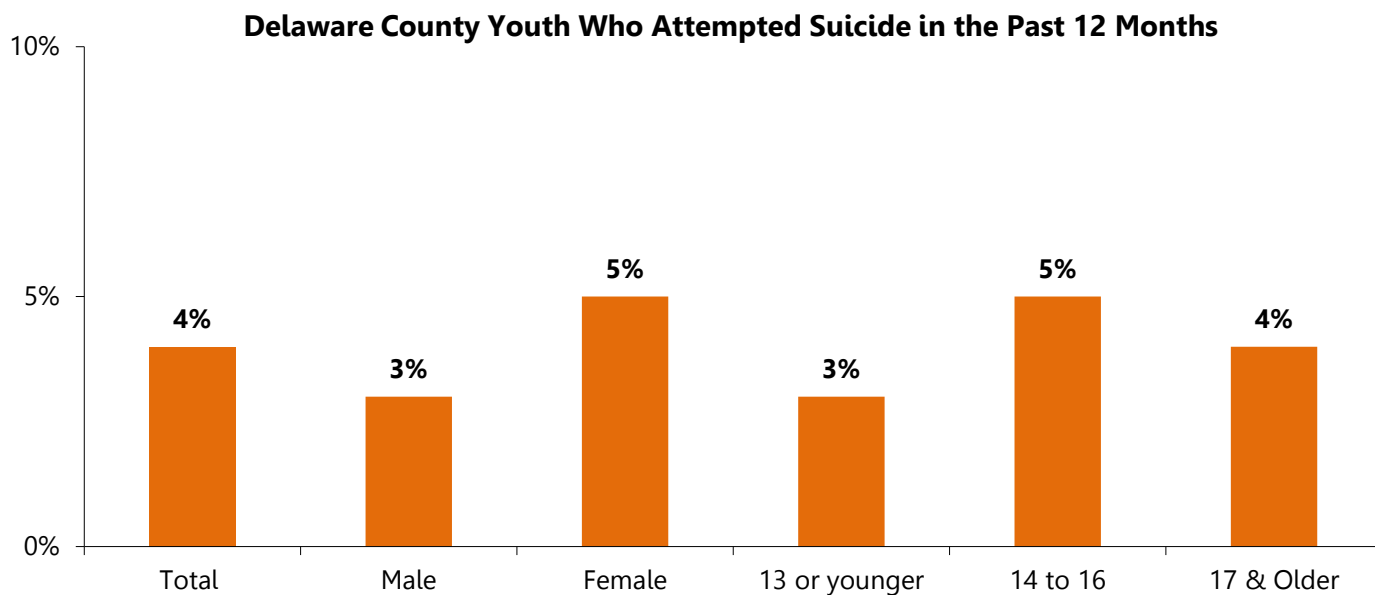
YOUTH SEXUAL BEHAVIOR

Only high school students were asked sexual behavior questions. In 2016/17, one-fifth (20%) of Delaware County high school youth reported they have ever had sexual intercourse. Almost one-quarter (24%) of high school youth had participated in oral sex and 3% had participated in anal sex. Twenty-four percent (24%) of high school youth participated in sexting. Of those who were sexually active, 48% had multiple sexual partners.



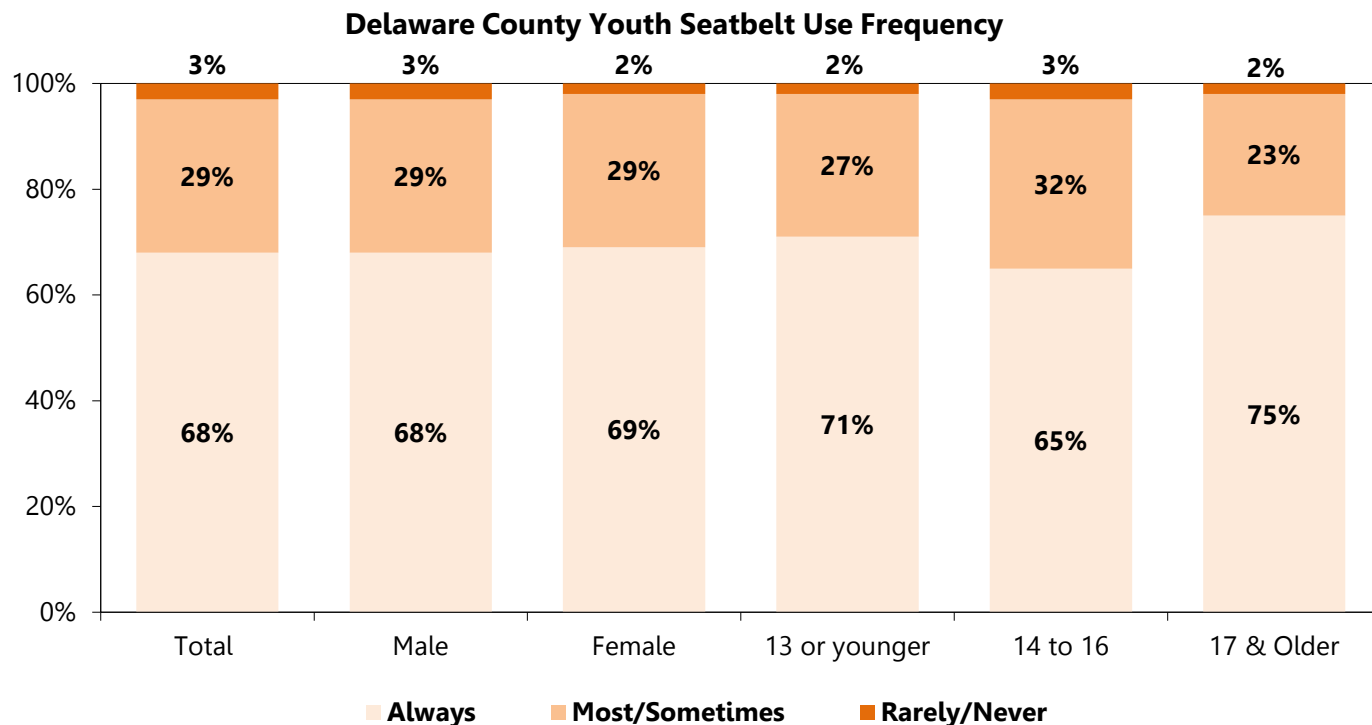
YOUTH MENTAL HEALTH

In 2016/17, 11% of Delaware County youth indicated they had seriously considered attempting suicide in the past year, with 4% actually attempting suicide in the past 12 months.



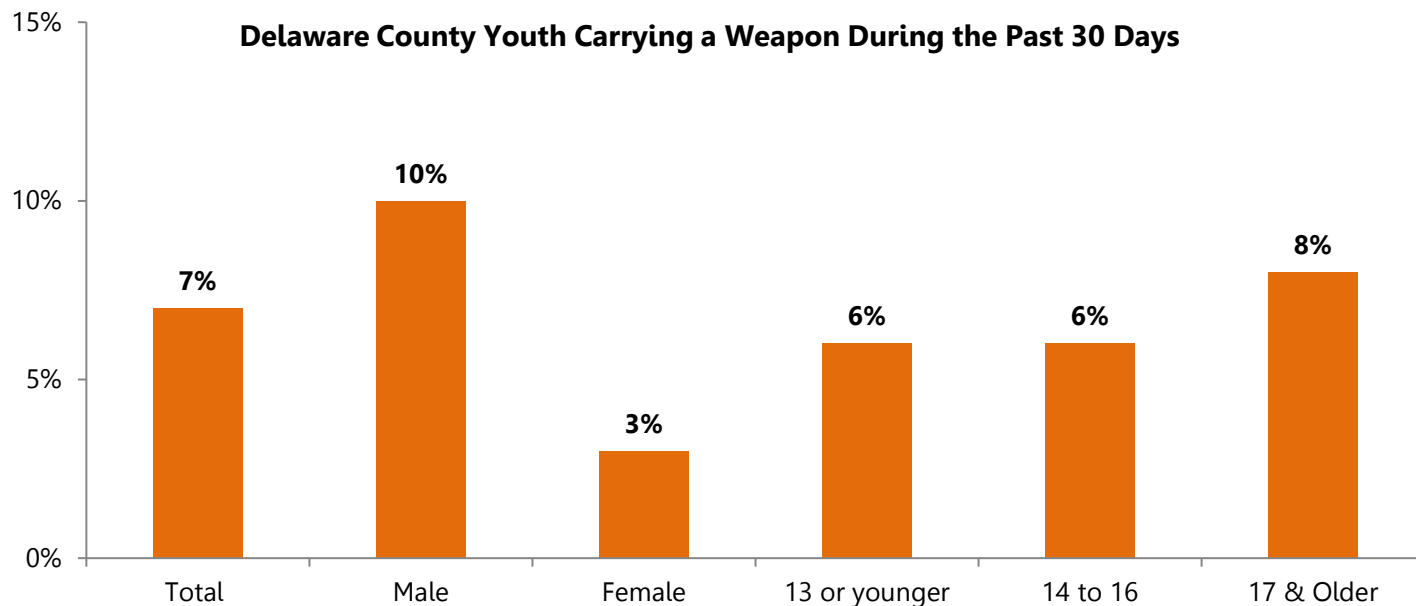
YOUTH SAFETY

In 2016/17, 14% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 5% of high school drivers had driven after drinking alcohol. Forty-two percent (42%) of high school drivers texted or emailed while driving a car in the past 30 days.



YOUTH VIOLENCE

In Delaware County, 7% of youth had carried a weapon (such as a gun, knife, or club) in the past 30 days. Nineteen percent (19%) of youth had been involved in a physical fight, increasing to 27% of males. One-quarter (25%) of youth had been bullied on school property in the past year.

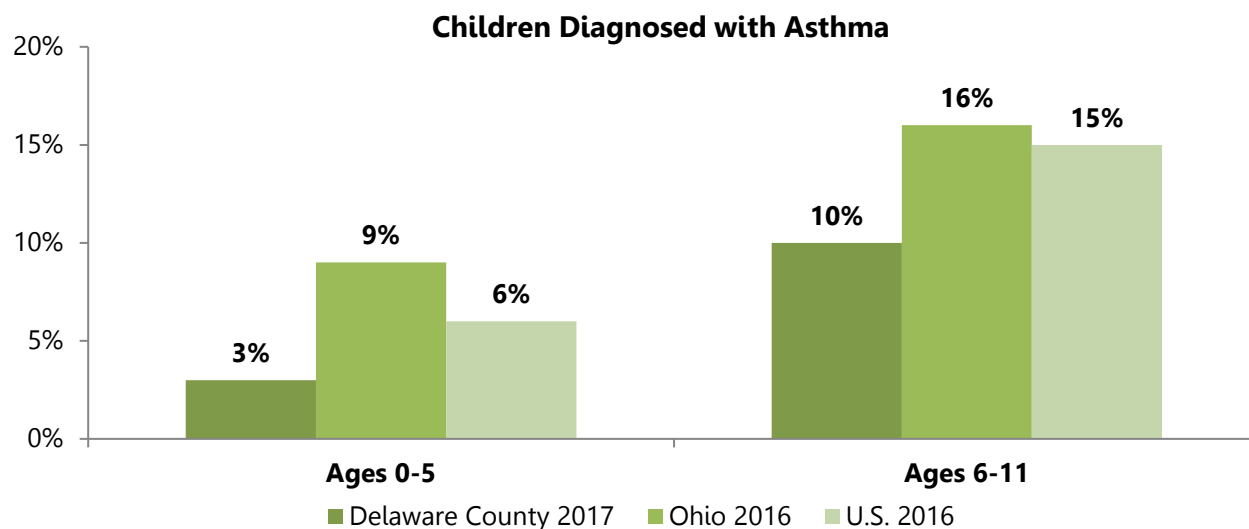


YOUTH PERCEPTIONS OF SUBSTANCE ABUSE

In 2016/17, 70% of Delaware County youth thought there was a great risk in harming themselves if they smoked cigarettes. Fourteen percent (14%) of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. Eighty-seven percent (87%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

CHILD HEALTH AND FUNCTIONAL STATUS

In 2017, 13% of children were classified as obese by Body Mass Index (BMI) calculations. Eighty-six percent (86%) of Delaware County parents had taken their child to the dentist in the past year. Eight percent (8%) of Delaware County parents reported their child had been diagnosed with asthma. Eleven percent (11%) of parents reported their child had been diagnosed with ADD/ADHD.



(Sources: National Survey of Children's Health & 2017 Delaware County Health Assessment)

CHILD HEALTH CARE ACCESS AND UTILIZATION

In 2017, 1% of parents reported their child did not currently have health insurance. Sixty-six percent (66%) of children in Delaware County received a flu shot in the past 12 months. Ninety-seven percent (97%) of children had visited their health care provider for preventive care in the past year, increasing to 99% of 0-5 year olds.

EARLY CHILDHOOD (0-5 YEARS OLD)

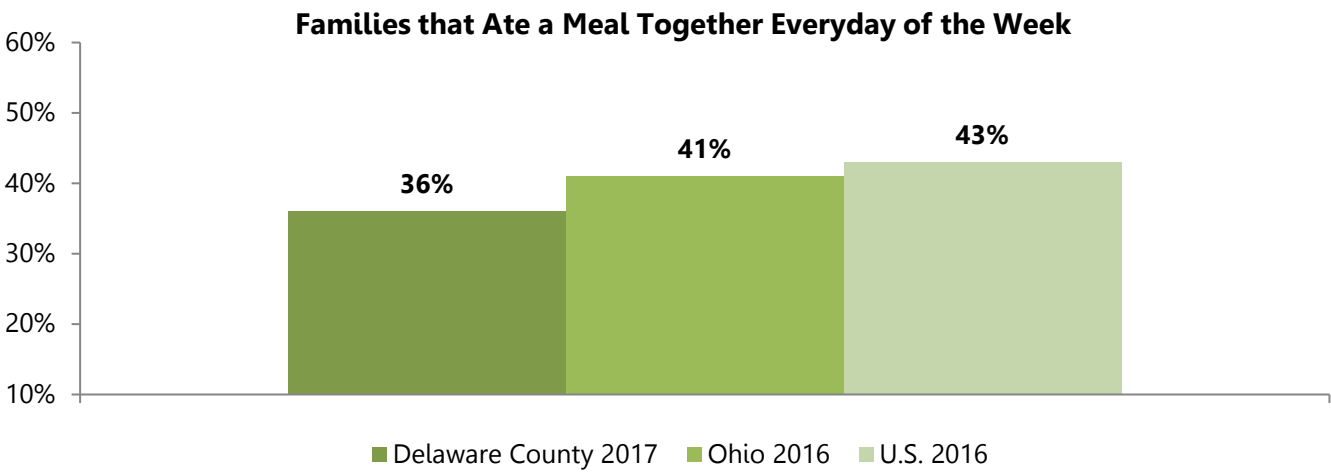
The following information was reported by parents of 0-5 year olds. Ninety percent (90%) of parents put their child to sleep on his/her back. Ninety-four percent (94%) of mothers breastfed their child. Sixty-six percent (66%) of Delaware County parents reported in the past week they or another family member read to their child every day.

MIDDLE CHILDHOOD (6-11 YEARS OLD)

The following information was reported by parents of 6-11 year olds. Almost one-quarter (24%) of parents of 6-11 year olds reported their child had an email, Facebook, Twitter, Instagram or other social network account. Forty-three percent (43%) of parents reported their child was bullied in the past year.













FAMILY AND COMMUNITY CHARACTERISTICS

Thirty-six percent (36%) of parents reported that every family member who lived in their household ate a meal together every day of the week. Seven percent (7%) of parents had at least one food insecurity issue in the past year. One-third (33%) of parents reported their child attended religious service 1 to 3 times per month.



(Source: National Survey of Children's Health & 2017 Delaware County Health Assessment)


ADULT TREND SUMMARY

Adult Variables	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status					
Rated health as good, very good, or excellent	91%	91%	93%	82%	83%
Rated general health as fair or poor 	9%	9%	7%	18%	17%
Average days that physical health not good in past month 	2.5	2.5	2.2	3.7†	3.8†
Average days that mental health not good in past month 	3.2	2.6	3.5	4.0†	3.8†
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	1.6	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization					
Uninsured	9%	9%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	73%	75%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	86%	83%	77%
Arthritis, Asthma, & Diabetes					
Had been diagnosed with diabetes 	7%	11%	7%	11%	11%
Had been diagnosed with arthritis	27%	25%	29%	31%	26%
Had been diagnosed with asthma 	13%	13%	10%	14%	14%
Cardiovascular Health					
Had angina 	3%	3%	2%	5%	4%
Had a heart attack 	2%	3%	3%	5%	4%
Had a stroke	1%	3%	2%	4%	3%
Had been diagnosed with high blood pressure 	22%	28%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	28%	29%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	92%	78%*	78%*
Weight Status					
Overweight	35%	36%	36%	35%	35%
Obese 	22%	25%	29%	32%	30%
Alcohol Consumption					
Had at least one alcoholic beverage in past month	63%	61%	69%	53%	54%
Binged in past month (5 or more drinks on an occasion for females and 4 or more drinks on an occasion for males) 	15%	19%	22%	18%	17%
Tobacco Use					
Current smoker (currently smoke some or all days) 	16%	15%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	N/A	22%	24%	25%
Tried to quit smoking	N/A	54%	56%	N/A	N/A



N/A - Not available

*2015 BRFSS data

†2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State 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

Adult Variables	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine					
Had a pneumonia vaccine (age 65 & older)	65%	77%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	74%	76%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	86%	82%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	81%	79%	73%	74%	72%
Had a Pap smear in the past three years	86%	80%	76%	82%¥	80%¥
Had a PSA test within the past two years (men ages 40 & over)	42%	52%	68%	39%	40%
Oral Health					
Adults who have visited the dentist in the past year 	81%	82%	80%	68%	66%













N/A - Not available

¥Ohio and U.S. BRFSS reports women ages 21-65

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

 Indicates alignment with the Ohio State Health Assessment


ADULT TREND SUMMARY: BY SCHOOL DISTRICT

District - Adult Variables	Big Walnut 2017 n=61	Buckeye Valley 2017 n=37	Delaware City 2017 n=88	Olentangy Local 2017 n=155	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status							
Rated health as good, very good, or excellent	95%	100%	92%	93%	93%	82%	83%
Rated general health as fair or poor 	5%	0%	8%	7%	7%	18%	17%
Average days that physical health not good in past month 	2.8	1.8	3.2	1.3	2.2	3.7†	3.8†
Average days that mental health not good in past month 	5.2	1.9	3.5	3.4	3.5	4.0†	3.8†
Average days that poor physical or mental health kept them from doing their usual activities in past month	1.2	2.2	1.4	1.2	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization							
Uninsured	7%	14%	8%	3%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	77%	68%	81%	73%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	87%	89%	82%	90%	86%	83%	77%
Arthritis, Asthma, & Diabetes							
Had been diagnosed with diabetes 	5%	13%	8%	6%	7%	11%	11%
Had been diagnosed with arthritis	33%	27%	33%	26%	29%	31%	26%
Had been diagnosed with asthma 	12%	0%	13%	12%	11%	14%	14%
Cardiovascular Health							
Had angina 	0%	3%	1%	3%	2%	5%	4%
Had a heart attack 	5%	3%	3%	3%	3%	5%	4%
Had a stroke	2%	0%	1%	2%	2%	4%	3%
Had been diagnosed with high blood pressure 	31%	26%	35%	28%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	25%	46%	32%	35%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	92%	89%	86%	97%	92%	78%*	78%*
Weight Status							
Overweight	36%	26%	35%	41%	36%	35%	35%
Obese 	36%	50%	25%	26%	29%	32%	30%
Alcohol Consumption							
Had at least one alcoholic beverage in past month	77%	81%	57%	71%	69%	53%	54%
Binged in past month (5 or more drinks on an occasion for females & 4 or more drinks on an occasion for females) 	21%	28%	16%	25%	22%	18%	17%
Tobacco Use							
Current smoker (currently smoke some or all days) 	16%	11%	7%	12%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	29%	16%	19%	19%	22%	24%	25%
Tried to quit smoking	56%	50%	67%	55%	56%	N/A	N/A



N/A - Not available

*2015 Ohio BRFSS data

†2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State 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

District - Adult Variables	Big Walnut 2017	Buckeye Valley 2017	Delaware City 2017	Olentangy Local 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine							
Had a pneumonia vaccine (age 65 & older)	96%	58%	82%	78%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	96%	67%	82%	80%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	68%	73%	70%	86%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	68%	64%	68%	90%	73%	74%	72%
Had a Pap smear in the past three years	82%	81%	69%	82%	76%	82% [¥]	80% [¥]
Had a PSA test within the past two years (men ages 40 & over)	81%	71%	52%	69%	68%	39%	40%
Oral Health							
Adults who have visited the dentist in the past year 	84%	76%	78%	81%	80%	68%	66%













[¥]Ohio and U.S. BRFSS reports women ages 21-65

N/A- Not available

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 Indicates alignment with the Ohio State Health Assessment


ADULT TREND SUMMARY: BIG WALNUT SCHOOL DISTRICT

Big Walnut School District - Adult Variables	Big Walnut 2007	Big Walnut 2013	Big Walnut 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status						
Rated health as good, very good, or excellent	95%	88%	95%	93%	82%	83%
Rated general health as fair or poor 	N/A	N/A	5%	7%	18%	17%
Average days that physical health not good in past month 	N/A	3.4	2.8	2.2	3.7†	3.8†
Average days that mental health not good in past month 	N/A	2.1	5.2	3.5	4.0†	3.8†
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.1	1.2	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization						
Uninsured	5%	N/A	7%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	N/A	73%	77%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	87%	86%	83%	77%
Arthritis, Asthma, & Diabetes						
Had been diagnosed with diabetes 	6%	13%	5%	7%	11%	11%
Had been diagnosed with arthritis	24%	29%	33%	29%	31%	26%
Had been diagnosed with asthma 	14%	10%	12%	11%	14%	14%
Cardiovascular Health						
Had angina 	N/A	5%	0%	2%	5%	4%
Had a heart attack 	N/A	3%	5%	3%	5%	4%
Had a stroke	N/A	5%	2%	2%	4%	3%
Had been diagnosed with high blood pressure 	17%	29%	31%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	25%	38%	25%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	92%	92%	78%*	78%*
Weight Status						
Overweight	36%	39%	36%	36%	35%	35%
Obese 	15%	27%	36%	29%	32%	30%
Alcohol Consumption						
Had at least one alcoholic beverage in past month	N/A	58%	77%	69%	53%	54%
Binged in past month (5 or more drinks for males & 4 or more drinks for females) 	14%	17%	21%	22%	18%	17%
Tobacco Use						
Current smoker (currently smoke some or all days) 	15%	17%	16%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	N/A	29%	22%	24%	25%
Tried to quit smoking	N/A	51%	56%	56%	N/A	N/A



N/A - Not available

*2015 Ohio BRFSS data

†2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State Health Assessment


Note: (n=61) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Big Walnut School District - Adult Variables	Big Walnut 2007	Big Walnut 2013	Big Walnut 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine						
Had a pneumonia vaccine (age 65 & older)	70%	78%	96%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	79%	75%	96%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	88%	76%	68%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	79%	76%	68%	73%	74%	72%
Had a Pap smear in the past three years	73%	75%	82%	76%	82%¥	80%¥
Had a PSA test within the past two years (men ages 40 & over)	42%	60%	81%	68%	39%	40%
Oral Health						
Adults who have visited the dentist in the past year 	N/A	82%	84%	80%	68%	66%













¥Ohio and U.S. BRFSS reports women ages 21-65

N/A- Not available

Note: (n=61) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

 Indicates alignment with the Ohio State Health Assessment


ADULT TREND SUMMARY: BUCKEYE VALLEY SCHOOL DISTRICT

Buckeye Valley School District-Adult Variables	Buckeye Valley 2007	Buckeye Valley 2013	Buckeye Valley 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status						
Rated health as good, very good, or excellent	90%	90%	100%	93%	82%	83%
Rated general health as fair or poor 	N/A	N/A	0%	7%	18%	17%
Average days that physical health not good in past month 	N/A	2.3	1.8	2.2	3.7†	3.8†
Average days that mental health not good in past month 	N/A	2.9	1.9	3.5	4.0†	3.8†
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.5	2.2	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization						
Uninsured	11%	N/A	14%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	N/A	76%	68%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	89%	86%	83%	77%
Arthritis, Asthma, & Diabetes						
Had been diagnosed with diabetes 	10%	14%	13%	7%	11%	11%
Had been diagnosed with arthritis	30%	31%	27%	29%	31%	26%
Had been diagnosed with asthma 	9%	15%	0%	11%	14%	14%
Cardiovascular Health						
Had angina 	N/A	5%	3%	2%	5%	4%
Had a heart attack 	N/A	5%	3%	3%	5%	4%
Had a stroke	N/A	4%	0%	2%	4%	3%
Had been diagnosed with high blood pressure 	28%	33%	26%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	29%	27%	46%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	89%	92%	78%*	78%*
Weight Status						
Overweight	35%	44%	26%	36%	35%	35%
Obese 	26%	24%	50%	29%	32%	30%
Alcohol Consumption						
Had at least one alcoholic beverage in past month	N/A	48%	81%	69%	53%	54%
Binged in past month (5 or more drinks on an occasion for females and 4 or more drinks on an occasion for females) 	13%	17%	28%	22%	18%	17%
Tobacco Use						
Current smoker (currently smoke some or all days) 	11%	30%	11%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	N/A	16%	22%	24%	25%
Tried to quit smoking	N/A	64%	50%	56%	N/A	N/A



N/A - Not available.

*2015 Ohio BRFSS data

†2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State Health Assessment


Note: (n=37) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Buckeye Valley School District-Adult Variables	Buckeye Valley 2007	Buckeye Valley 2013	Buckeye Valley 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine						
Had a pneumonia vaccine (age 65 & older)	54%	67%	58%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	68%	69%	67%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	82%	81%	73%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	76%	73%	64%	73%	74%	72%
Had a Pap smear in the past three years	82%	65%	81%	76%	82%‡	80%‡
Had a PSA test within the past two years (men ages 40 & over)	32%	55%	71%	68%	39%	40%
Oral Health						
Adults who have visited the dentist in the past year 	N/A	78%	76%	80%	68%	66%













‡Ohio and U.S. BRFSS reports women ages 21-65

N/A- Not available

Note: (n=37) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey


 Indicates alignment with the Ohio State Health Assessment

ADULT TREND SUMMARY: DELAWARE CITY SCHOOL DISTRICT



Delaware City School District- Adult Variables	Delaware City 2007	Delaware City 2013	Delaware City 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status						
Rated health as good, very good, or excellent	86%	81%	92%	93%	82%	83%
Rated general health as fair or poor 	N/A	N/A	8%	7%	18%	17%
Average days that physical health not good in past month 	N/A	5.2	3.2	2.2	3.7*	3.8*
Average days that mental health not good in past month 	N/A	5.4	3.5	3.5	4.0*	3.8*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	3.3	1.4	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization						
Uninsured	12%	N/A	8%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	N/A	73%	81%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	82%	86%	83%	77%
Arthritis, Asthma, & Diabetes						
Had been diagnosed with diabetes 	10%	12%	8%	7%	11%	11%
Had been diagnosed with arthritis	30%	32%	33%	29%	31%	26%
Had been diagnosed with asthma 	20%	18%	13%	11%	14%	14%
Cardiovascular Health						
Had angina 	N/A	4%	1%	2%	5%	4%
Had a heart attack 	N/A	4%	3%	3%	5%	4%
Had a stroke	N/A	2%	1%	2%	4%	3%
Had been diagnosed with high blood pressure 	27%	30%	35%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	31%	26%	32%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	86%	92%	78%*	78%*
Weight Status						
Overweight	35%	37%	35%	36%	35%	35%
Obese 	30%	30%	25%	29%	32%	30%
Alcohol Consumption						
Had at least one alcoholic beverage in past month	N/A	57%	57%	69%	53%	54%
Binged in past month (5 or more drinks on an occasion for females and 4 or more drinks on an occasion for females) 	18%	25%	16%	22%	18%	17%
Tobacco Use						
Current smoker (currently smoke some or all days) 	22%	28%	7%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	N/A	19%	22%	24%	25%
Tried to quit smoking	N/A	43%	67%	56%	N/A	N/A

N/A - Not available, *2015 Ohio BRFSS data

*2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State Health Assessment


Note: (n=88) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Delaware City School District- Adult Variables	Delaware City 2007	Delaware City 2013	Delaware City 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine						
Had a pneumonia vaccine (age 65 & older)	60%	81%	82%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	72%	77%	82%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	82%	74%	70%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	78%	63%	68%	73%	74%	72%
Had a Pap smear in the past three years	88%	75%	69%	76%	82% [‡]	80% [‡]
Had a PSA test within the past two years (men ages 40 & over)	42%	36%	52%	68%	39%	40%
Oral Health						
Adults who have visited the dentist in the past year 	N/A	75%	78%	80%	68%	66%













[‡]Ohio and U.S. BRFSS reports women ages 21-65

N/A- Not available

Note: (n=88) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

 Indicates alignment with the Ohio State Health Assessment


ADULT TREND SUMMARY: OLENTANGY LOCAL SCHOOL DISTRICT

Olentangy Local School District-Adult Variables	Olentangy Local 2007	Olentangy Local 2013	Olentangy Local 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Health Status						
Rated health as good, very good, or excellent	94%	94%	93%	93%	82%	83%
Rated general health as fair or poor 	N/A	N/A	7%	7%	18%	17%
Average days that physical health not good in past month 	N/A	1.7	1.3	2.2	3.7†	3.8†
Average days that mental health not good in past month 	N/A	1.7	3.4	3.5	4.0†	3.8†
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	0.9	1.2	1.4	N/A	N/A
Health Care Coverage, Access, and Utilization						
Uninsured	4%	N/A	3%	5%	7%	10%
Visited a doctor for a routine checkup in the past year 	N/A	80%	73%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	90%	86%	83%	77%
Arthritis, Asthma, & Diabetes						
Had been diagnosed with diabetes 	7%	8%	6%	7%	11%	11%
Had been diagnosed with arthritis	25%	21%	26%	29%	31%	26%
Had been diagnosed with asthma 	10%	11%	12%	11%	14%	14%
Cardiovascular Health						
Had angina 	N/A	4%	3%	2%	5%	4%
Had a heart attack 	N/A	4%	3%	3%	5%	4%
Had a stroke	N/A	2%	2%	2%	4%	3%
Had been diagnosed with high blood pressure 	20%	29%	28%	29%	34%*	31%*
Had been diagnosed with high blood cholesterol	27%	29%	35%	35%	37%*	36%*
Had blood cholesterol checked within the past 5 years	N/A	N/A	97%	92%	78%*	78%*
Weight Status						
Overweight	36%	36%	41%	36%	35%	35%
Obese 	18%	26%	26%	29%	32%	30%
Alcohol Consumption						
Had at least one alcoholic beverage in past month	N/A	66%	71%	69%	53%	54%
Binged in past month (5 or more drinks on an occasion for females and 4 or more drinks on an occasion for females) 	15%	15%	25%	22%	18%	17%
Tobacco Use						
Current smoker (currently smoke some or all days) 	13%	3%	12%	10%	23%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	N/A	19%	22%	24%	25%
Tried to quit smoking	N/A	55%	55%	56%	N/A	N/A



N/A - Not available

*2015 Ohio BRFSS data

†2015 BRFSS data as compiled by 2017 County Health Rankings

 Indicates alignment with the Ohio State Health Assessment


Note: (n= 155) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Olentangy Local School District-Adult Variables	Olentangy Local 2007	Olentangy Local 2013	Olentangy Local 2017	Delaware County 2017	Ohio 2016	U.S. 2016
Preventive Medicine						
Had a pneumonia vaccine (age 65 & older)	72%	76%	78%	82%	75%	73%
Had a flu vaccine in past year (age 65 & older) 	82%	79%	80%	83%	57%	58%
Had a clinical breast exam in the past two years (age 40 & older)	90%	91%	86%	73%	N/A	N/A
Had a mammogram in the past two years (age 40 & older)	85%	84%	90%	73%	74%	72%
Had a Pap smear in the past three years	88%	88%	82%	76%	82%¥	80%¥
Had a PSA test within the past two years (men ages 40 & over)	52%	49%	69%	68%	39%	40%
Oral Health						
Adults who have visited the dentist in the past year 	N/A	86%	81%	80%	68%	66%


¥Ohio and U.S. BRFSS reports women ages 21-65

N/A- Not available

Note: (n=155) Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

 Indicates alignment with the Ohio State Health Assessment

YOUTH TREND SUMMARY


	Middle School (6 th -8 th)					High School (9 th -12 th)			
Youth Variables	Delaware County 2013/14 (6 th -8 th) n=3,655	Delaware County 2014/15 (6 th -8 th) n=773	Delaware County 2016/17 (6 th -8 th) n=4,846	Delaware County 2016/17 (6 th -12 th) n=10,784	Delaware County 2013/14 (9 th -11 th) ‡ n=3,379	Delaware County 2014/15 (9 th -12 th) n=1,149	Delaware County 2016/17 (9 th -12 th) n=5,886	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Weight Status									
Obese 	N/A	N/A	N/A	N/A	N/A	N/A	9%	13%	14%
Overweight	N/A	N/A	N/A	N/A	N/A	N/A	10%	16%	16%
Described themselves as slightly or very overweight	21%	24%	20%	23%	26%	31%	26%	28%	32%
Trying to lose weight	37%	41%	32%	37%	40%	42%	41%	47%	46%
Went without eating for 24 hours or more	N/A	14%	2%	3%	12%	12%	4%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	N/A	5%	<1%	1%	7%	7%	2%	5%	5%*
Vomited or took laxatives	N/A	4%	1%	2%	8%	5%	2%	5%	4%*
Ate breakfast every day during the past week	56%	51%	55%	47%	44%	36%	40%	36%	36%
Drank pop or soda one or more times per day during the past 7 days	N/A	N/A	16%	19%	17%	17%	22%	21%	20%
Did not have 8 or more hours of sleep on an average school night	N/A	N/A	39%	60%	N/A	N/A	77%	74%	73%
Physical Activity									
Physically active at least 60 minutes per day on every day in past week	46%	42%	31%	27%	25%	34%	23%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	75%	65%	59%	53%	51%	56%	48%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	4%	6%	6%	8%	10%	10%	10%	13%	14%
Watched 3 or more hours of TV	N/A	N/A	11%	13%	N/A	N/A	14%	28%	25%

N/A-Not available

*Comparative YRBS data for U.S. is 2013

[‡]Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

 Indicates alignment with the Ohio State Health Assessment

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Variables	Delaware County 2013/14 (6 th -8 th) n=3,655	Delaware County 2014/15 (6 th -8 th) n=773	Delaware County 2016/17 (6 th -8 th) n=4,846	Delaware County 2016/17 (6 th -12 th) n=10,784	Delaware County 2013/14 (9 th -11 th) ‡ n=3,379	Delaware County 2014/15 (9 th -12 th) n=1,149	Delaware County 2016/17 (9 th -12 th) n=5,886	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Unintentional Injury and Violence									
Carried a weapon in past month	N/A	N/A	6%	7%	15%	19%	7%	14%	16%
Been in a physical fight in past year	N/A	N/A	24%	19%	21%	19%	15%	20%	23%
Threatened or injured with a weapon in past year	N/A	N/A	7%	6%	N/A	N/A	6%	N/A	N/A
Did not go to school because felt unsafe	N/A	N/A	4%	4%	6%	6%	3%	5%	6%
Electronically/cyber bullied in past year	N/A	N/A	12%	13%	21%	18%	13%	15%	16%
Bullied on school property in past year	N/A	N/A	30%	25%	24%	21%	22%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	N/A	N/A	N/A	10%	10%	6%	N/A	10%
Physically forced to participate in sexual activity	N/A	N/A	N/A	N/A	9%	8%	8%	N/A	11%
Mental Health									
Youth who had seriously considered attempting suicide in the past year	N/A	N/A	8%	11%	14%	18%	13%	14%	18%
Youth who had attempted suicide in the past year	N/A	N/A	4%	4%	9%	12%	5%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	N/A	N/A	N/A	N/A	N/A	N/A	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	N/A	N/A	16%	20%	23%	29%	24%	26%	30%
Alcohol Consumption									
Ever tried alcohol	13%	16%	10%	26%	47%	58%	39%	N/A	63%
Current drinker	3%	5%	3%	14%	26%	28%	24%	30%	33%
Binge drinker (of all youth)	N/A	N/A	N/A	N/A	16%	15%	12%	16%	18%
Drank for the first time before age 13 (of all youth)	10%	13%	8%	8%	11%	12%	7%	13%	17%
Rode with someone who was drinking	N/A	21%	15%	14%	18%	16%	14%	17%	20%
Drank and drove (of youth drivers)	N/A	N/A	N/A	N/A	7%	4%	5%	4%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	N/A	20%	42%	39%	50%	44%	38%	44%

N/A-Not available, ‡Only students in grades 9th, 10th and 11th participated in the survey

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

	Middle School (6 th -8 th)					High School (9 th -12 th)				
Youth Variables	Delaware County 2013/14 (6 th -8 th) n=3,655	Delaware County 2014/15 (6 th -8 th) n=773	Delaware County 2016/17 (6 th -8 th) n=4,846	Delaware County 2016/17 (6 th -12 th) n=10,784	Delaware County 2013/14 (9 th -11 th) ‡ n=3,379	Delaware County 2014/15 (9 th -12 th) n=1,149	Delaware County 2016/17 (9 th -12 th) n=5,886	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)	
Tobacco Use										
Ever tried cigarettes	4%	6%	2%	8%	18%	25%	13%	52%*	32%	
Current smokers	1%	1%	1%	3%	9%	11%	5%	15%	11%	
Current electronic vapor product user	N/A	N/A	N/A	N/A	N/A	N/A	15%	N/A	24%	
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	3%	3%	2%	3%	6%	7%	3%	14%*	7%	
Usually obtained their own cigarettes by buying them in a store or gas station	24%	N/A	16%	18%	20%	14%	18%	N/A	13%	
Drug Use										
Ever used marijuana	3%	4%	1%	10%	21%	29%	17%	36%	39%	
Youth who used marijuana in the past month	2%	2%	1%	5%	14%	18%	9%	21%	22%	
Ever used methamphetamines	N/A	N/A	N/A	N/A	6%	4%	1%	N/A	3%	
Ever used cocaine	1%	1%	<1%	1%	6%	6%	2%	4%	5%	
Ever used heroin	N/A	N/A	<1%	<1%	5%	3%	<1%	2%	2%	
Ever used steroids	1%	2%	1%	1%	6%	4%	1%	3%	4%	
Ever used inhalants	4%	6%	4%	4%	8%	8%	4%	9%	7%	
Ever used ecstasy/MDMA	N/A	N/A	N/A	N/A	8%	5%	2%	N/A	5%	
Used prescription drugs not prescribed in the past month	N/A	N/A	1%	3%	N/A	N/A	4%	N/A	N/A	
Ever used a needle to inject any illegal drug	N/A	N/A	N/A	N/A	5%	3%	<1%	20%	22%	

N/A- Not available

*Comparative YRBS data for U.S. is 2013

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

	Middle School (6 th -8 th)				High School (9 th -12 th)				
	Delaware County 2013/14 (6 th -8 th) n=3,655	Delaware County 2014/15 (6 th -8 th) n=773	Delaware County 2016/17 (6 th -8 th) n=4,846	Delaware County 2016/17 (6 th -12 th) n=10,784	Delaware County 2013/14 (9 th -11 th)‡ n=3,379	Delaware County 2014/15 (9 th -12 th) n=1,149	Delaware County 2016/17 (9 th -12 th) n=5,886	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Sexual Behavior									
Ever had sexual intercourse	N/A	N/A	N/A	N/A	25%	31%	20%	43%	41%
Used a condom at last intercourse	N/A	N/A	N/A	N/A	61%	60%	45%	51%	57%
Used birth control pills at last intercourse	N/A	N/A	N/A	N/A	21%	21%	24%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	N/A	N/A	12%	9%	8%	12%	14%
Had four or more sexual partners	N/A	N/A	N/A	N/A	5%	5%	4%	12%	12%
Had sexual intercourse before age 13 (of all youth)	N/A	N/A	N/A	N/A	4%	4%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	15%	18%	21%
Youth Safety									
Rode with someone who had been drinking alcohol in past month	N/A	N/A	15%	14%	18%	16%	14%	17%	20%
Drove a car after drinking alcohol (of youth drivers)	N/A	N/A	N/A	N/A	7%	5%	5%	4%	8%
Never or rarely wore a seat belt	3%	3%	3%	3%	5%	4%	3%	8%	6%
Texted or emailed while driving a car	N/A	N/A	N/A	N/A	N/A	N/A	42%	46%	42%



N/A-Not available

*Comparative YRBS data for U.S. is 2013

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

CHILD TREND SUMMARY

Child Variables	Delaware County 2017 Ages 0-5	Ohio 2016 Ages 0-5	U.S. 2016 Ages 0-5	Delaware County 2017 Ages 6-11	Ohio 2016 Ages 6-11	U.S. 2016 Ages 6-11
Health and Functional Status						
Rated health as excellent or very good	99%	94%	93%	96%	91%	89%
Dental care visit in past year	63%	54%*	59%*	97%	95%	91%
Diagnosed with asthma 	3%	9%	6%	10%	16%	15%
Diagnosed with ADHD/ADD	2%	2%**	3%**	15%	13%	9%
Diagnosed with behavioral or conduct problems	0%	3%**	5%**	6%	13%	11%
Diagnosed with epilepsy	<1%	N/A	1%	0%	N/A	1%
Diagnosed with a head injury, brain injury, or concussion	2%	N/A	1%	2%	N/A	2%
Diagnosed with diabetes	0%	N/A	N/A	0%	N/A	<1%
Children who were born premature (more than 3 weeks before their due date)	12%	9%	11%	10%	11%	12%
Child had one or more health conditions	6%	22%	22%	16%	46%	42%
Health Care Access						
Had public insurance	5%	28%	37%	4%	33%	38%
Been to doctor for preventive care in past year	99%	91%	89%	96%	83%	79%
Had a personal doctor or nurse	87%	75%	74%	90%	77%	72%
Child received treatment or counseling from a mental health professional in the past year	3%	1%**	3%**	14%	10%	10%
Early Childhood (Ages 0-5)						
Never breastfed their child	6%	32%	21%	N/A	N/A	N/A
Family read to child every day in past week	66%	39%	38%	N/A	N/A	N/A
Middle Childhood (Ages 6-11)						
Child participated in 1 or more activities	N/A	N/A	N/A	94%	82%	76%
Child did not miss any days of school because of illness or injury	N/A	N/A	N/A	21%	26%	29%
Did not engage in any physical activity during the past week	N/A	N/A	N/A	2%	3%	5%
Parent definitely agreed that their child is safe at school	N/A	N/A	N/A	84%	77%	79%
Family and Community Characteristics						
Family ate a meal together every day of the week	45%	51%	53%	31%	43%	45%
Parent definitely agreed that their child lived in a safe neighborhood	82%	64%	63%	75%	66%	62%
Child never attends religious services	38%	N/A	N/A	40%	22%†	18%†
Child experienced two or more adverse childhood experiences (ACEs) 	3%	18%	12%	4%	29%	23%

* Ages 1-5

** Ages 3-5



†2011/2012 NSCH Data


N/A – Not available

 Indicates alignment with the Ohio State 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

CHILD (AGES 0-11) TREND SUMMARY: BY SCHOOL DISTRICT

Child Variables	Big Walnut 2017 Ages 0-11	Buckeye Valley 2017 Ages 0-11	Delaware City 2017 Ages 0-11	Olentangy Local 2017 Ages 0-11	Delaware County 2017 Ages 0-11
Health and Functional Status					
Rated health as excellent or very good	94%	96%	96%	98%	97%
Dental care visit in past year	88%	86%	78%	91%	86%
Diagnosed with asthma 	6%	9%	9%	9%	8%
Diagnosed with ADHD/ADD	9%	18%	14%	10%	11%
Diagnosed with behavioral or conduct problems	6%	5%	7%	3%	4%
Diagnosed with epilepsy	0%	0%	0%	1%	0%
Diagnosed with a head injury, brain injury, or concussion	3%	0%	0%	1%	<1%
Diagnosed with diabetes	0%	0%	0%	0%	0%
Children who were born premature (more than 3 weeks before their due date)	12%	13%	11%	10%	11%
Child had one or more health conditions	18%	14%	15%	11%	13%
Health Care Access					
Had public insurance	3%	4%	7%	3%	4%
Been to doctor for preventive care in past year	94%	100%	94%	98%	97%
Had a personal doctor or nurse	91%	83%	81%	92%	89%
Child received treatment or counseling from a mental health professional in the past year	3%	4%	14%	11%	11%
Early and Middle Childhood					
Never breastfed their child	18%	9%	18%	14%	15%
Family read to child every day in past week	50%	38%	68%	65%	66%
Child participated in 1 or more activities	66%	60%	49%	71%	67%
Child did not miss any days of school because of illness or injury	28%	7%	20%	22%	21%
Did not engage in any physical activity during the past week	3%	0%	0%	3%	2%
Parent definitely agreed that their child is safe at school	93%	67%	81%	86%	83%
Family and Community Characteristics					
Family ate a meal together every day of the week	49%	30%	47%	32%	36%
Parent definitely agreed that their child lives in a safe neighborhood	82%	70%	67%	80%	77%
Child never attends religious services	21%	17%	45%	43%	40%
Child experienced two or more adverse childhood experiences (ACEs) 	3%	5%	4%	2%	4%

 Indicates alignment with the Ohio State 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

Health Care Access: Health Care Coverage

Key Findings

The 2017 health assessment identified that 5% of Delaware County adults were without health care coverage. Those most likely to be uninsured were adults with incomes less than \$50,000. The top reason adults gave for being without health care coverage was they lost their job or changed employers (42%).

General Health Coverage

- In 2017, 95% of Delaware County adults had health care coverage.
- In the past year, 5% of adults were uninsured, increasing to 12% of those with incomes less than \$50,000. The 2016 BRFSS reported uninsured prevalence rates of 7% for Ohio and 10% for the U.S.
- Three percent (3%) of adults with children did not have health care coverage, compared to 6% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (57%); someone else's employer (17%); Medicare (12%); self-paid plan (4%); multiple, including private sources (4%); Medicaid or medical assistance (2%); multiple, including government sources (2%); military or VA (1%); and the Health Insurance Marketplace (1%).

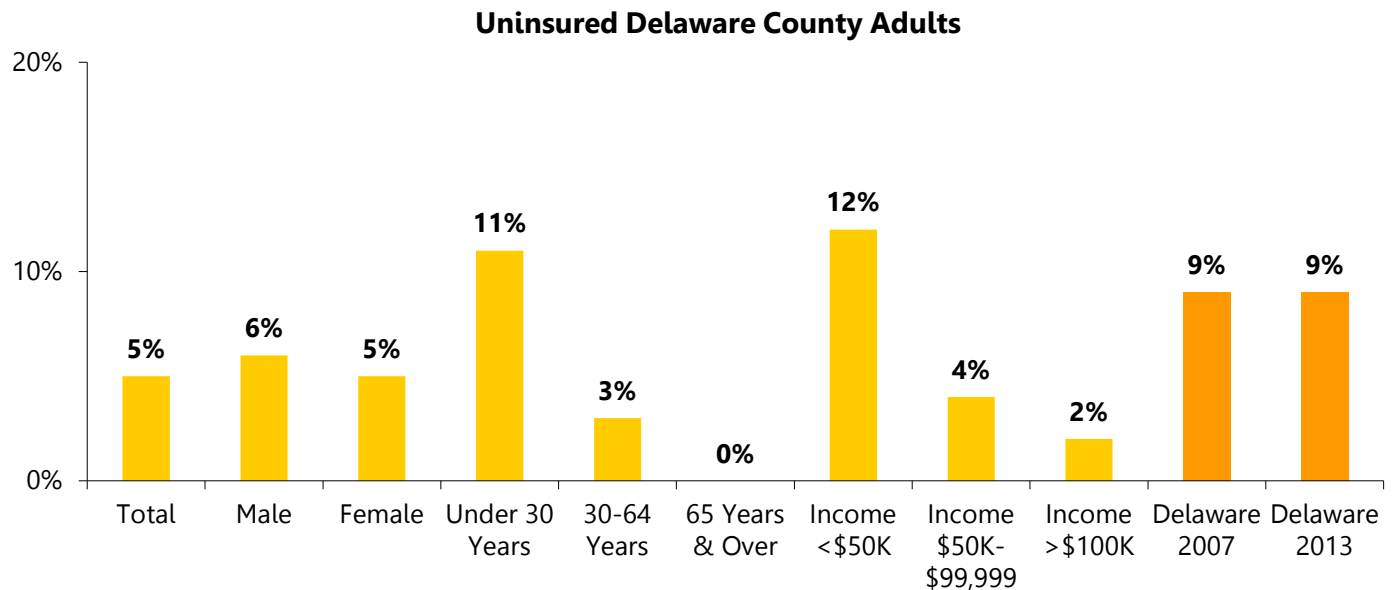
5% of Delaware County adults were uninsured.

- Delaware County adult health care coverage included the following: medical (99%), prescription coverage (95%), immunizations (89%), preventive health (87%), dental (83%), vision (80%), outpatient therapy (77%), mental health (66%), durable medical equipment (47%), alcohol and drug treatment (43%), home care (30%), skilled nursing/assisted living (29%), hospice (26%), and transportation (13%).
- The top three reasons uninsured adults gave for being without health care coverage were:
 1. They lost their job or changed employers (42%)
 2. They could not afford to pay the premiums (40%)
 3. They became ineligible (23%)

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

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Uninsured	9%	9%	5%	7%	10%

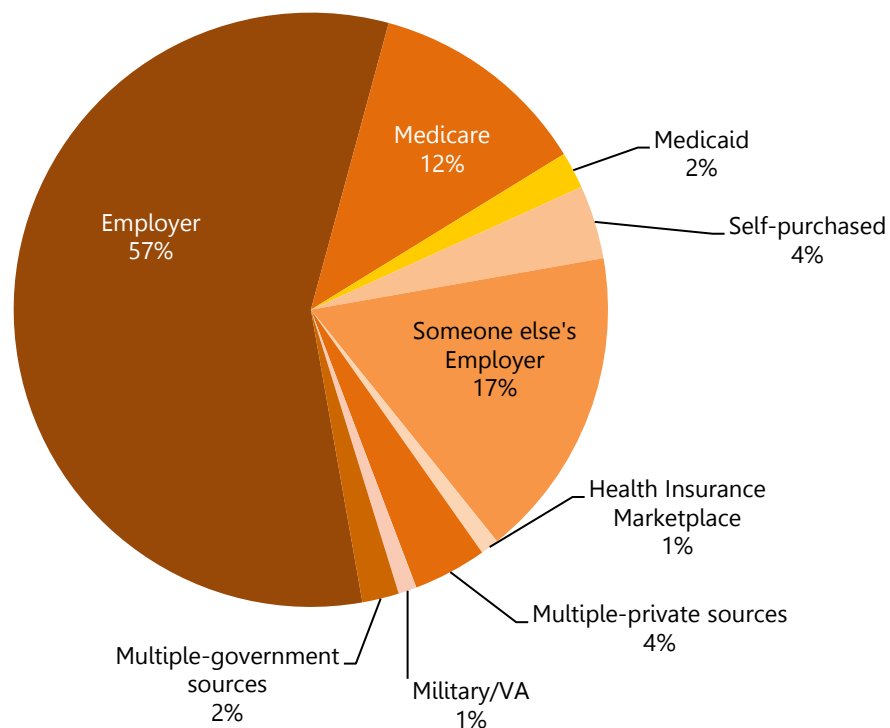
The following graph shows the percentages of Delaware County adults who were uninsured. Examples of how to interpret the information in the graph include: 5% of all Delaware County adults were uninsured, including 12% of those with incomes less than \$50,000 and 6% of males. The pie chart shows sources of Delaware County adults' health care coverage.



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.

12% of Delaware County adults with incomes less than \$50,000 were uninsured.

Source of Health Care Coverage for Delaware County Adults



The following table indicates what is included in Delaware County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	1%	0%
Prescription Coverage	95%	4%	1%
Immunizations	89%	3%	8%
Preventive Health	87%	2%	11%
Dental	83%	16%	1%
Vision/Eyeglasses	79%	18%	3%
Outpatient Therapy	77%	5%	18%
Mental Health	66%	5%	29%
Durable Medical Equipment	47%	5%	48%
Alcohol and Drug Treatment	43%	8%	49%
Home Care	30%	8%	62%
Skilled Nursing/Assisted Living	29%	5%	66%
Hospice	26%	7%	67%
Transportation	13%	12%	75%

Healthy People 2020 Access to Health Services (AHS)

Objective	Delaware County 2017	Ohio 2016	U.S. 2016*	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	50% age 20-24 97% age 25-34 90% age 35-44 98% age 45-54 99% age 55-64	90% age 18-24 89% age 25-34 91% age 35-44 94% age 45-54 94% age 55-64	85% age 18-24 84% age 25-34 87% age 35-44 90% age 45-54 93% 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
Note: Healthy People 2020 is the federal government's prevention agenda for building a healthier nation. Healthy People provides science-based, 10-year national objectives for improving the health of all Americans (Source: U.S. Department of Health & Human Services, Updated 5/14/18).

Health Care Access: Access and Utilization

Key Findings

Almost three-fourths (73%) of Delaware County adults had visited a doctor for a routine checkup in the past year. Forty-three percent (43%) of Delaware County adults reported they had a living will, increasing to 81% of those over the age of 65. One-fourth (25%) of adults did not get prescriptions from their doctor filled in the past year.

Health Care Access and Utilization

- Almost three-fourths (73%) of Delaware County adults visited a doctor for a routine checkup in the past year, increasing to 91% of those over the age of 65.
- Adults with health care coverage were more likely to have visited a doctor for a routine checkup in the past year (73%), compared to 62% of those without health care coverage.
- Fifty-six percent (56%) of adults indicated they had one person they thought of as their personal doctor or health care provider, decreasing to 48% of those with incomes ranging from \$50,000-\$99,999. Thirty percent (30%) indicated they had more than one, and 14% did not have one particular doctor or health care provider.
- Reasons for not getting medical care in the past 12 months included the following: no need to go (67%), cost/no insurance (11%), too long of a wait for an appointment (6%), office wasn't open when they could get there (2%), too long of a wait in the waiting room (2%), did not take their insurance (2%), inconvenient appointment times (2%), too embarrassed to seek help (1%), and other (7%).
- A living will is a written legal document that details adults' wishes for end-of-life medical care if they are unable to make decisions for themselves. Forty-three percent (43%) of Delaware County adults reported they had a living will, decreasing to 40% of those with incomes less than \$50,000 and increasing to 81% of those over the age of 65.
- A durable power of attorney is a written legal document in which people name an individual who will make medical decisions for them if they are unable to do so. Thirty-two percent (32%) had a durable power of attorney, increasing to 38% of those with incomes ranging from \$50,000-\$99,999 and increasing to 65% of those over the age of 65.
- Of the Delaware County adults who did not have a living will or durable power of attorney, 83% had discussed their medical wishes with a family member or loved one.
- One-fourth (25%) of adults did not get prescriptions from their doctor filled in the past year. Those who did not get their prescriptions filled gave the following reasons: no prescriptions to be filled (50%), cost (20%), they did not think they needed it (19%), no insurance (13%), side effects (11%), no generic equivalent (8%), they stretched their current prescription by taking less than prescribed (7%), they were taking too many medications (5%), and fear of addiction (4%).

Key Facts about the Uninsured Population in the U.S.

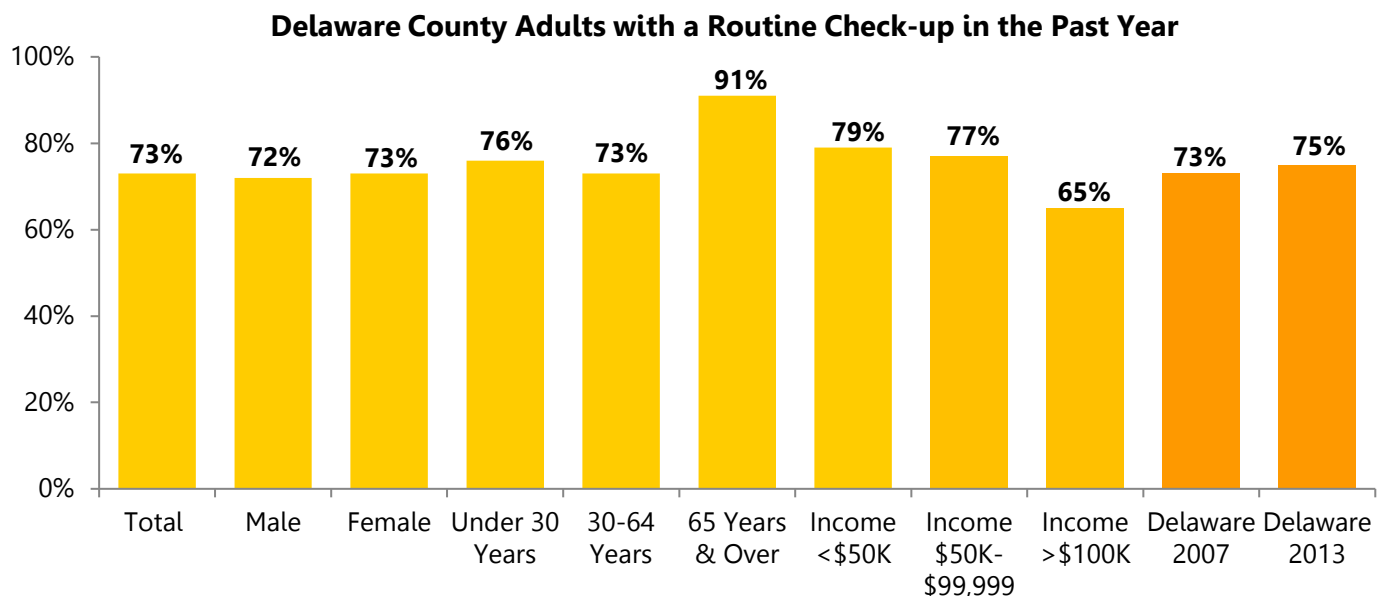
- Studies repeatedly demonstrate that the uninsured are less likely than those with insurance to receive preventive care and services for major health conditions and chronic diseases.
- Part of the reason for poor access among uninsured is that 50% do not have a regular place to go when they are sick 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 2016, uninsured nonelderly adults were three 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, 2017)

Availability of Services

- Seventeen percent (17%) of Delaware County adults had looked for a program to assist in care for the elderly or a disabled adult (either in-home or out-of-home) for either themselves or a loved one. Of those who looked, 28% looked for in-home care, 25% looked for an assisted living program, 25% looked for out-of-home placement, 12% looked for a disabled adult program 7% looked for day care, and 1% looked for Respite or overnight care.
- Delaware County adults reported they looked for the following programs: depression, anxiety or mental health (14%); weight problem (5%); disability (5%); elderly assistance (4%); marital or family problems (4%); family planning (3%); end-of-life or hospice care (2%); cancer support group/counseling (2%); tobacco cessation (2%); alcohol abuse (2%); and drug abuse (1%).

The following graph shows the percentage of Delaware County adults who had a routine check-up in the past year. Examples of how to interpret the information include: 73% of all Delaware County adults had a routine check-up in the past year, including 72% of males and 91% 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.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Visited a doctor for a routine checkup in the past year	73%	75%	73%	75%	71%
Had at least one or more persons they thought of as their personal health care provider	N/A	N/A	86%	83%	77%
Unable to see doctor due to cost	N/A	N/A	11%	11%	12%

N/A- Not available

Health Care Access: Preventive Medicine

Key Findings

Eighty-two percent (82%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-seven percent (57%) of adults had a flu vaccine during the past 12 months. Fifteen percent (15%) of adults did not get a flu vaccine in the past month because they get sick from it.

Preventive Medicine

- Fifty-seven percent (57%) of Delaware County adults had a flu vaccine during the past 12 months, increasing to 83% of adults ages 65 and over. The 2016 BRFSS reported that 57% of Ohio and 58% of U.S. adults ages 65 and over had a flu vaccine in the past year.
- Adults did not get all their recommended flu vaccination for the following reasons: did not need it (39%), get sick from it (15%), time (8%), believed it does not work (4%), religious beliefs (3%), not available (2%), cost (1%), insurance won't pay for it (1%), and other (27%).
- More than one-third (34%) of adults have had a pneumonia vaccine in their life, increasing to 82% of those ages 65 and over. The 2016 BRFSS reported that 75% of Ohio and 73% of U.S. adults ages 65 and over had a pneumonia vaccine in their life.
- Delaware County adults have had the following vaccines:
 - Tetanus booster (including Tdap) in the past 10 years (73%)
 - MMR in their lifetime (69%)
 - Chicken pox in their lifetime (43%)
 - Pneumonia in their lifetime (34%)
 - Pertussis in the past 10 years (33%)
 - Zoster (shingles) in their lifetime (21%) (BRFSS reports 21% for Ohio and 22% for U.S. in 2014)
 - Human papillomavirus (HPV) in their lifetime (14%)
- In the past 12 months, adults reported their doctor talked to them about the following topics: family history (40%); immunizations (40%); weight control (33%); depression, anxiety, or emotional problems (22%); safe use of prescription medication (18%); bone density (13%); family planning (11%); self-testicular exams (9%); tobacco use (8%); injury prevention (8%); falls (7%); safe use of opiate-based pain medications (6%); alcohol use (5%); sexually transmitted diseases (3%); illicit drug abuse (2%); domestic violence (2%); and firearm safety (1%).

Preventive Health Screenings and Exams

- In the past year, 62% of Delaware County women ages 40 and over have had a mammogram.
- In the past year, 64% of men ages 50 and over have had a PSA test.
- See the Women's and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Delaware County adults.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had a pneumonia vaccination (ages 65 and over)	65%	77%	82%	75%	73%
Had a flu vaccine in the past year (ages 65 and over)	74%	76%	83%	57%	58%

**Delaware County Adults Having Discussed Health care Topics
With Their Health care Professional in the Past 12 Months**

Health care Topics	Total
Family history	40%
Immunizations	40%
Weight control (diet, physical activity)	33%
Depression, anxiety, or emotional problems	22%
Safe use of prescription medications	18%
Bone density	13%
Family planning	11%
Self-testicular exams	9%
Tobacco use	8%
Injury prevention	8%
Falls	7%
Safe use of opiate-based pain medications	6%
Alcohol use	5%
Sexually transmitted diseases	3%
Illicit drug abuse	2%
Domestic violence	2%
Firearm safety	1%

Delaware County Adult Health Screening Results

General Screening Results	Total
Diagnosed with High Blood Cholesterol	35%
Diagnosed with High Blood Pressure	29%
Diagnosed with Diabetes	7%
Survived a Heart Attack	3%

Note: Percentages based on all Delaware County adults surveyed

**Healthy People 2020
Immunization and Infectious Diseases (IID)**

Objective	Delaware County 2017	Ohio 2016	U.S. 2016	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	82%	75%	73%	90%

*Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2016 BRFSS, 2017 Delaware County Health Assessment)*

Health Care Access: Women's Health

Key Findings

In 2017, sixty-two percent (62%) of Delaware County women over the age of 40 reported having a mammogram in the past year. Seventy-two percent (72%) of females ages 19 and over had a clinical breast exam and 51% had a Pap smear to detect cancer of the cervix in the past year. Two percent (2%) of women survived a heart attack at some time in their life. One-third (33%) had high blood cholesterol, 28% were obese, 23% had high blood pressure, and 9% were identified as smokers, all known risk factors for cardiovascular diseases.

Women's Health Screenings

- Sixty-three percent (63%) of women had a mammogram at some time in their life, and more than two-fifths (43%) had this screening in the past year.
- Sixty-two percent (62%) of women ages 40 and over had a mammogram in the past year, and 73% had one in the past two years. The 2016 BRFSS reported that 74% of women ages 40 and over in Ohio and 72% in the U.S., had a mammogram in the past two years.
- Most (95%) Delaware County women had a clinical breast exam at some time in their life, and 72% had one within the past year. Almost three-fourths (73%) of women ages 40 and over had a clinical breast exam in the past two years.
- Ninety percent (90%) of Delaware County women had a Pap smear at some time in their life, and 51% reported having had the exam in the past year. More than three-fourths (76%) of women had a Pap smear in the past three years. The 2016 BRFSS indicated that 82% of Ohio and 80% of U.S. women ages 21-65 had a Pap smear in the past three years.

Women's Health Concerns

- In 2017, the health assessment determined that 2% of women had survived a heart attack at some time in their life.
- One percent (1%) of Delaware County women reported a health professional diagnosed them with coronary heart disease.
- According to the CDC, major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. *(Source: CDC Heart Disease Risk Factors, 2015).* In Delaware County, the 2017 health assessment had identified that:
 - 57% of women were overweight or obese (2016 BRFSS reports 62% for Ohio and 59% for U.S.)
 - 33% were diagnosed with high blood cholesterol (2015 BRFSS reports 36% for Ohio and 35% for U.S.)
 - 23% were diagnosed with high blood pressure (2015 BRFSS reports 31% for Ohio and 30% for U.S.)
 - 9% of all women were current smokers (2016 BRFSS reports 21% for Ohio and 14% for U.S.)
 - 7% had been diagnosed with diabetes (2016 BRFSS reports 11% for Ohio and 11% for U.S.)
- From 2014 to 2016, major cardiovascular diseases (heart disease and stroke) accounted for 27% of all female deaths in Delaware County *(Source: Ohio Public Health Data Warehouse 2014-2016).*

Delaware County Female Leading Causes of Death, 2014 – 2016 *Total female deaths: 1,623*

1. Cancers (23% of all deaths)
2. Heart Disease (20%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Accidents, Unintentional Injuries (4%)

(Source: Ohio Public Health Data Warehouse, 2014-2016)

Ohio Female Leading Causes of Death, 2014 – 2016 *Total female deaths: 176,669*

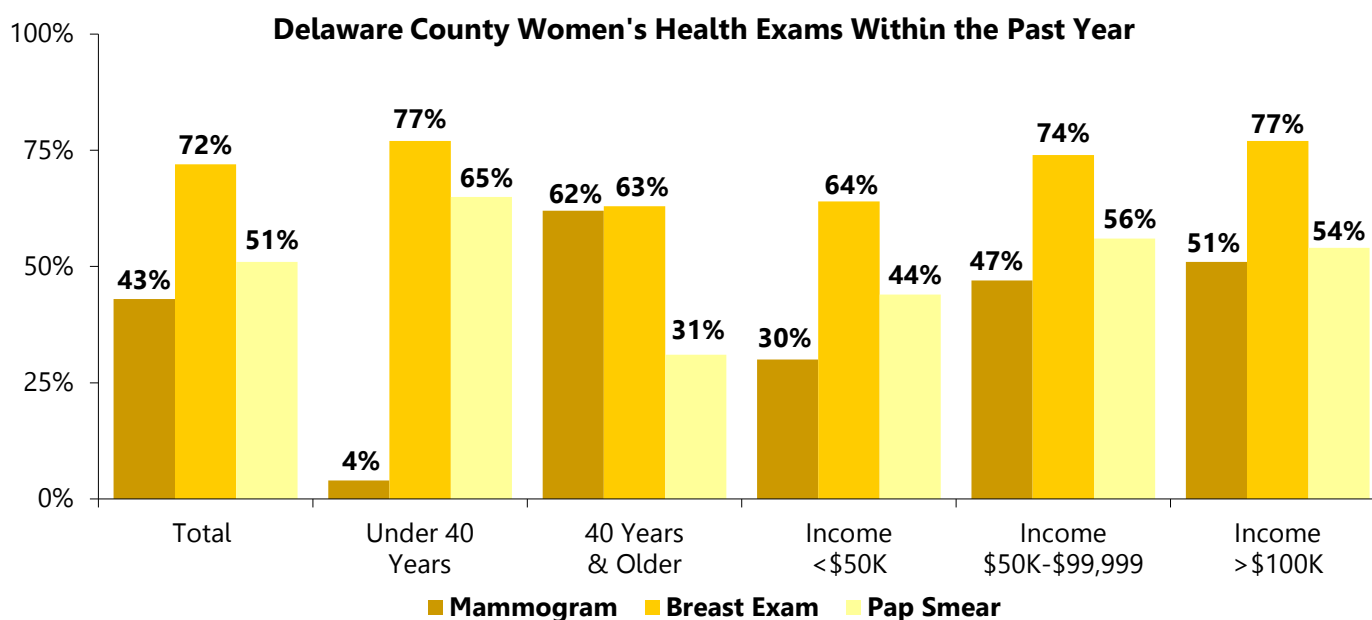
1. Heart Diseases (22% of all deaths)
2. Cancers (21%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's disease (5%)

(Source: Ohio Public Health Data Warehouse, 2014-2016)

Pregnancy

- Almost one-fifth (19%) of Delaware County women had been pregnant in the past five years.
- Thinking back to their last pregnancy, 41% of women wanted to be pregnant then, 41% wanted to be pregnant sooner, 12% of women did not recall, and 6% did not want to be pregnant then or any time in the future.
- During their last pregnancy, Delaware County women experienced the following: got a prenatal appointment in the first 3 months (96%), took folic acid/prenatal vitamin (93%), got a dental exam during pregnancy (68%), experienced depression (25%), and consumed alcoholic beverages (11%).

The following graph shows the percentage of Delaware County females that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 43% of Delaware County females had a mammogram within the past year, 72% had a clinical breast exam, and 51% had a Pap smear.



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.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had a clinical breast exam in the past two years (age 40 and older)	86%	82%	73%	N/A	NA
Had a mammogram in the past two years (age 40 and older)	81%	79%	73%	74%	72%
Had a Pap smear in the past three years	86%	80%	76%	82%*	80%*

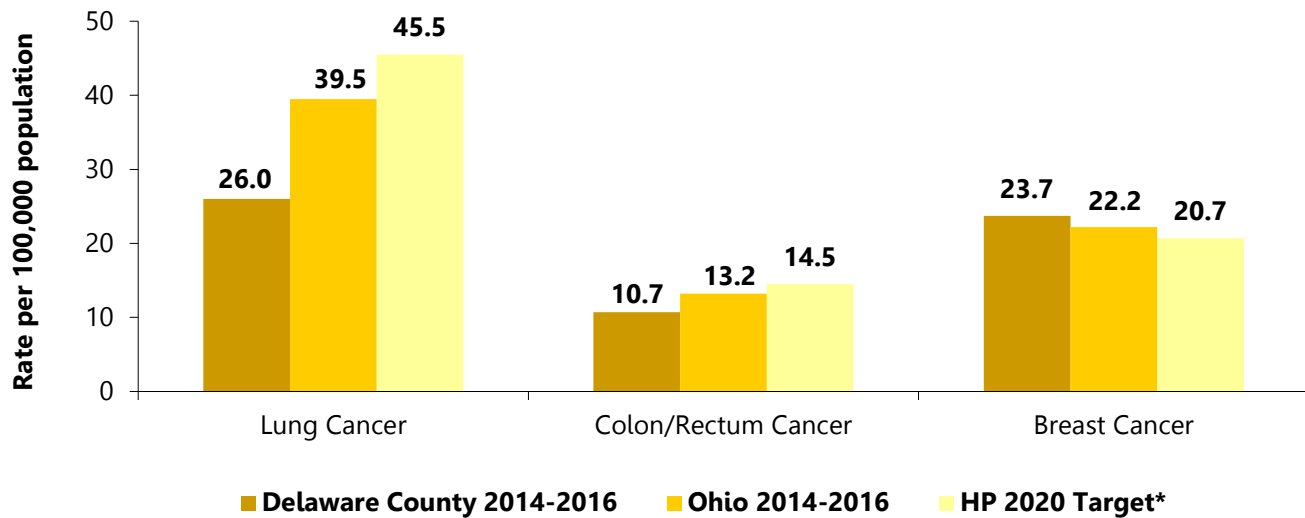
N/A – Not available

*Ohio and U.S. BRFSS reports women ages 21-65

The following graph shows the Delaware County and Ohio age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives. The graph shows:

- From 2014 to 2016, the Delaware County age-adjusted mortality rate for breast cancer was higher than both the Ohio rate and Healthy People 2020 target objective.

Delaware County Female Age-Adjusted Cancer Mortality Rates, 2014-2016



(Source: Ohio Public Health Data Warehouse, 2014-2016)

*Note: The Lung and Colon/Rectum Cancer Healthy People 2020 target rates are not gender specific

What Can I Do to Reduce My Risk of Breast Cancer?

- Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways:
 - Keep a healthy weight.
 - Exercise regularly (at least four hours a week).
 - Get enough sleep.
 - Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
 - Avoid exposure to chemicals that can cause cancer (carcinogens).
 - Limit exposure to radiation during medical tests like mammograms, X-rays, CT scans, and PET scans if not medically necessary.
 - If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
 - Breastfeed any children you may have, if possible.

(Source: CDC, What Can I Do to Reduce My Risk of Breast Cancer, Updated 9/27/17)

Health Care Access: Men's Health

Key Findings

In 2017, 88% of Delaware County males over the age of 50 had a Prostate-Specific Antigen (PSA) test at some time in their life. Thirty-six percent (36%) of men had high blood cholesterol, 35% had been diagnosed with high blood pressure, and 12% were identified as smokers, which, along with obesity (31%), are known risk factors for cardiovascular diseases.

Men's Health Screenings and Concerns

- More than half (52%) of Delaware County males had a Prostate-Specific Antigen (PSA) test at some time in their life, and 32% had one in the past year.
- Eighty-eight percent (88%) of males age 50 and over had a PSA test at some time in their life, and 64% had one in the past year.
- More than one-third (36%) of men performed a self-testicular exam in the past year. Twenty-two percent (22%) of men had never been taught by a healthcare professional how to perform this exam.
- In 2017, 3% of men had a heart attack at some time in their life.

Delaware County Male Leading Causes of Death, 2014 – 2016

Total male deaths: 1,619

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

(Source: Ohio Public Health Data Warehouse, 2014-2016)

Ohio Male Leading Causes of Death, 2014 – 2016

Total male deaths: 175,247

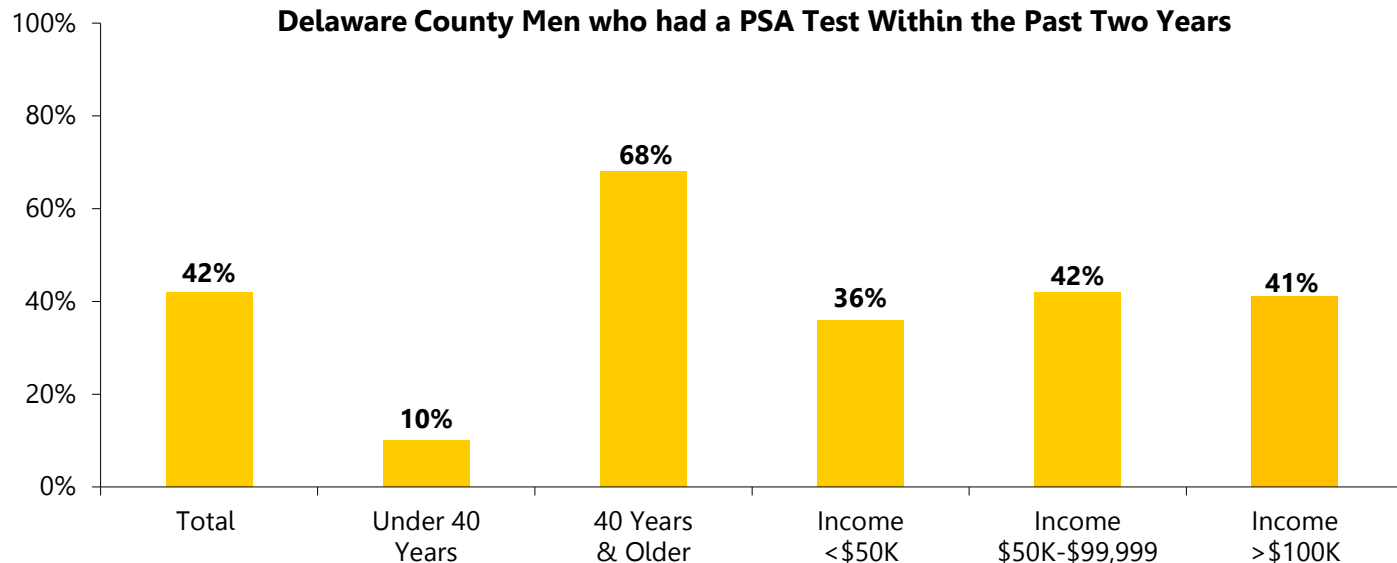
1. Heart Diseases (25% of all deaths)
2. Cancers (23%)
3. Accidents, Unintentional Injuries (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

(Source: Ohio Public Health Data Warehouse, 2014-2016)

32% of Delaware County males had a PSA test in the past year.

- Three percent (3%) of Delaware County men reported a health professional diagnosed them with coronary heart disease.
- From 2014 to 2016, major cardiovascular diseases (heart disease and stroke) accounted for 27% of all male deaths in Delaware County *(Source: Ohio Public Health Data Warehouse, 2014-2016)*.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. *(Source: CDC Heart Disease Risk Factors, 2015)*. In Delaware County, the 2017 health assessment has identified that:
 - 74% of men were overweight or obese (2016 BRFSS reports 71% for Ohio, and 71% for U.S.)
 - 36% were diagnosed with high blood cholesterol (2015 BRFSS reports 38% for Ohio and 34% for U.S.)
 - 35% were diagnosed with high blood pressure (2015 BRFSS reports 38% for Ohio and 38% for U.S.)
 - 12% of all men were current smokers (2016 BRFSS reports 25% for Ohio, and 19% for U.S.)
 - 7% had been diagnosed with diabetes (2016 BRFSS reports 12% for Ohio and 11% for U.S.)
- From 2014 to 2016, the leading cancer deaths for Delaware County males were lung and bronchus, other sites/types, colon and rectum, and prostate cancers. Statistics from the same period for Ohio males indicate that lung and bronchus, colon and rectum, and prostate cancers were the leading cancer deaths *(Source: Ohio Public Health Data Warehouse, 2014-2016)*.

The following graph shows the percentage of Delaware County males that had a PSA test in the past two years. Examples of how to interpret the information shown on the graph include: 42% of Delaware County males had a PSA test within the past two years, increasing to 68% of those ages 40 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.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had a PSA test within the past two years (men ages 40 & over)	42%	52%	68%	39%	40%

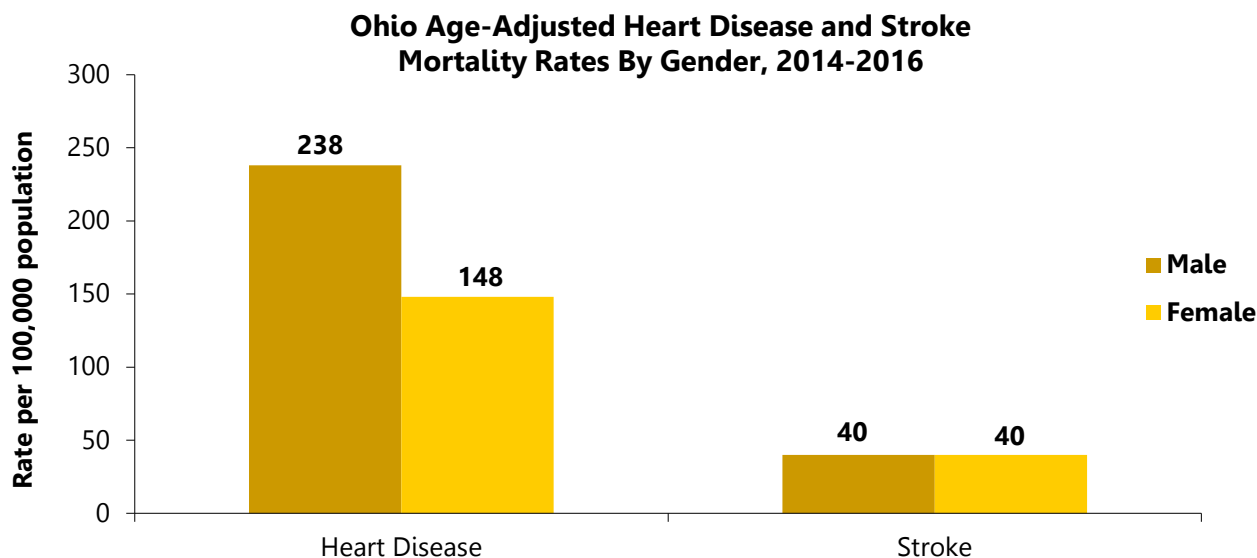
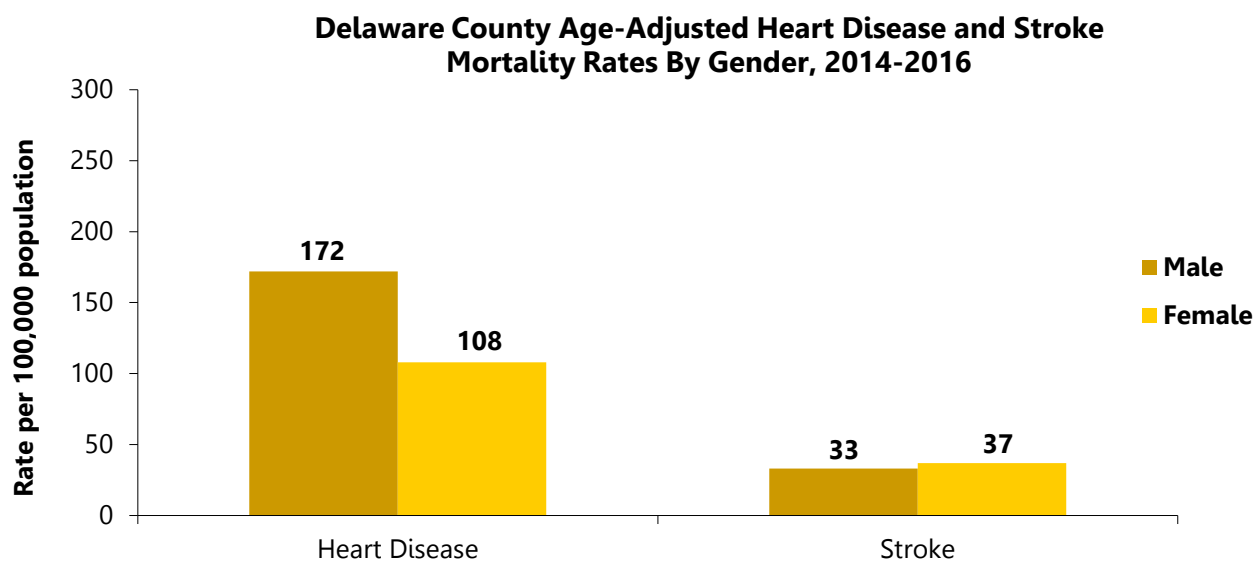
Prostate Cancer Awareness

- The prostate is a walnut-sized organ located just below the bladder and in front of the rectum in men. Prostate cancer is the most common non-skin cancer among American men. Most men with prostate cancer are older than 65 years and do not die from the disease. Finding and treating prostate cancer before symptoms occur may improve your health or help you live longer.
- Men can have different symptoms for prostate cancer. Some men do not have symptoms at all. Symptoms may include difficulty starting urination, frequent urination (especially at night), and blood in the urine or semen.
- The older a man is, the greater his risk for getting prostate cancer. Men also have a greater chance of getting prostate cancer if they are African-American or have a father, brother, or son who has had prostate cancer.
- Two tests are commonly used to screen for prostate cancer:
 - **Digital rectal exam (DRE):** A doctor or nurse inserts a gloved, lubricated finger into the rectum to estimate the size of the prostate and feel for lumps or other abnormalities.
 - **Prostate specific antigen test (PSA):** Measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate.

(Source: Center for Disease Control and Prevention, Prostate Cancer Awareness, Updated 9/21/17)

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

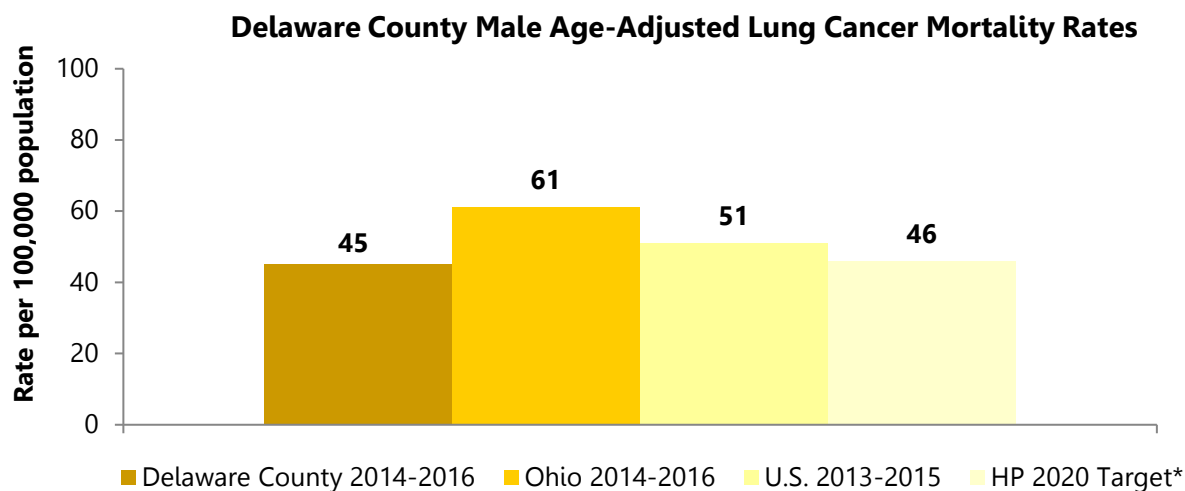
- From 2014 to 2016, the Delaware County and Ohio male age-adjusted mortality rates were higher than the female rate for heart disease.
- The Delaware County male age-adjusted stroke mortality rate was lower than the female rate from 2014 to 2016.



(Source for graphs: Ohio Public Health Data Warehouse, 2014-2016)

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

- From 2014 to 2016, the Delaware County age-adjusted mortality rate for male lung cancer was lower than the Ohio and U.S. rates, as well as the Healthy People 2020 target objective.



Note: The Healthy People 2020 target rates are not gender specific.
 (Sources: Ohio Public Health Data Warehouse 2014-2016, and Healthy People 2020)

U.S. Men's Health Data

- Approximately 12% of adult males ages 18 years or older reported fair or poor health.
- Eighteen percent (18%) of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 32% had 5 or more drinks in 1 day at least once in the past year.
- Only 56% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- Thirty-five percent (35%) 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 5/3/17)

Health Care Access: Oral Health

Key Findings

Eighty percent (80%) of Delaware County adults visited a dentist or dental clinic in the past year. More than four-fifths (83%) of Delaware County adults with dental insurance had been to the dentist or dental clinic in the past year, compared to 76% of those without dental insurance.

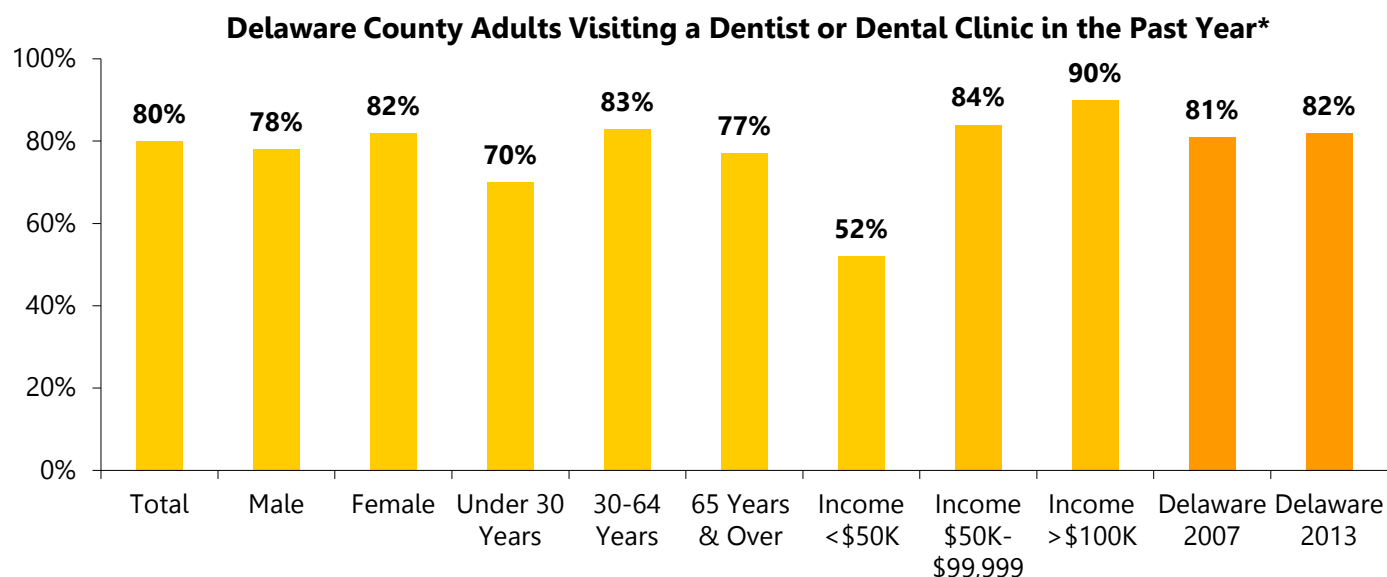
Access to Dental Care

- In the past year, 80% of Delaware County adults had visited a dentist or dental clinic, decreasing to 52% of those with incomes less than \$50,000.
- The 2016 BRFSS reported that 68% of Ohio adults and 66% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.
- More than four-fifths (83%) of Delaware County adults with dental insurance had been to the dentist or dental clinic in the past year, compared to 76% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the past year, 32% said no oral health problems/had not thought of it; 26% said cost; 15% said fear, apprehension, nervousness, pain, and dislike going; 11% had dentures; 5% said their dentist did not accept their medical insurance; 5% did not have/know a dentist; 3% could not find a dentist taking new Medicaid patients; and 2% could not get into a dentist.

Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
Time Since Last Visit to Dentist/Dental Clinic					
Males	78%	10%	5%	5%	2%
Females	82%	10%	4%	3%	1%
Total	80%	10%	5%	4%	1%

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Adults who had visited the dentist or dental clinic in the past year	81%	82%	80%	68%	66%

The following graph provides information about the frequency of Delaware County adult dentist or dental clinic visits. Examples of how to interpret the information include: 80% of all Delaware County adults had been to the dentist or dental clinic in the past year, including 78% of males and 52% of those with incomes less than \$50,000.



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

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.

Oral Health Basics

- Oral health affects our ability to speak, smile, eat, and show emotions. It also affects self-esteem, school performance, and attendance at work and school. Oral diseases—which range from cavities to gum disease to oral cancer—cause pain and disability for millions of Americans. They also cost taxpayers billions of dollars each year.
- Cavities (also called tooth decay) are one of the most common chronic conditions in the United States. By age 34, more than 80% of people had at least one cavity. More than 40% of adults have felt pain in their mouth in the last year. On average, the nation spends more than \$113 billion a year on costs related to dental care. More than \$6 billion of productivity is lost each year because people miss work to get dental care.
- Oral health has been linked with other chronic diseases, like diabetes and heart disease. It is also linked with risk behaviors like using tobacco and eating and drinking foods and beverages high in sugar.
- Public health strategies such as community water fluoridation and school dental sealant programs have been proven to save money and prevent cavities.

(Source: CDC, Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion, Updated 10/8/18)

Health Behaviors: Health Status Perceptions

Key Findings

In 2017, more than three-fifths (67%) of Delaware County adults rated their health status as excellent or very good. Conversely, 7% of adults, increasing to 16% of those with incomes less than \$50,000, described their health as fair or poor.

General Health Status

- Sixty-seven percent (67%) of Delaware County adults rated their health as excellent or very good. Delaware County adults with incomes of \$100,000 or more (74%) were more likely to rate their health as excellent or very good, compared to 56% of those with incomes less than \$50,000.
- Seven percent (7%) of adults rated their health as fair or poor. The 2016 BRFSS has identified that 18% of Ohio and 17% of U.S. adults self-reported their health as fair or poor.
- Delaware County adults were most likely to rate their health as fair or poor if they:
 - Had been diagnosed with diabetes (37%)
 - Had an annual household income under \$50,000 (16%)
 - Were 65 years of age or older (15%)
 - Were widowed (15%)
 - Had high blood pressure (14%)
- Nineteen percent (19%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation at least one day in the past month.

Physical Health Status

- Fifteen percent (15%) of Delaware County adults rated their physical health as not good on four or more days in the previous month.
- Delaware County adults reported their physical health as not good on an average of 2.2 days in the previous month. Ohio and U.S. adults reported their physical health as not good on an average of 3.7 days and 3.8 days, respectively, in the previous month *(Source: 2015 BRFSS as compiled by County Health Rankings)*.
- Delaware County adults were most likely to rate their physical health as not good if they:
 - Were female (32%)
 - Had an annual household income under \$50,000 (30%)
 - Were 65 years of age or older (27%)

Mental Health Status

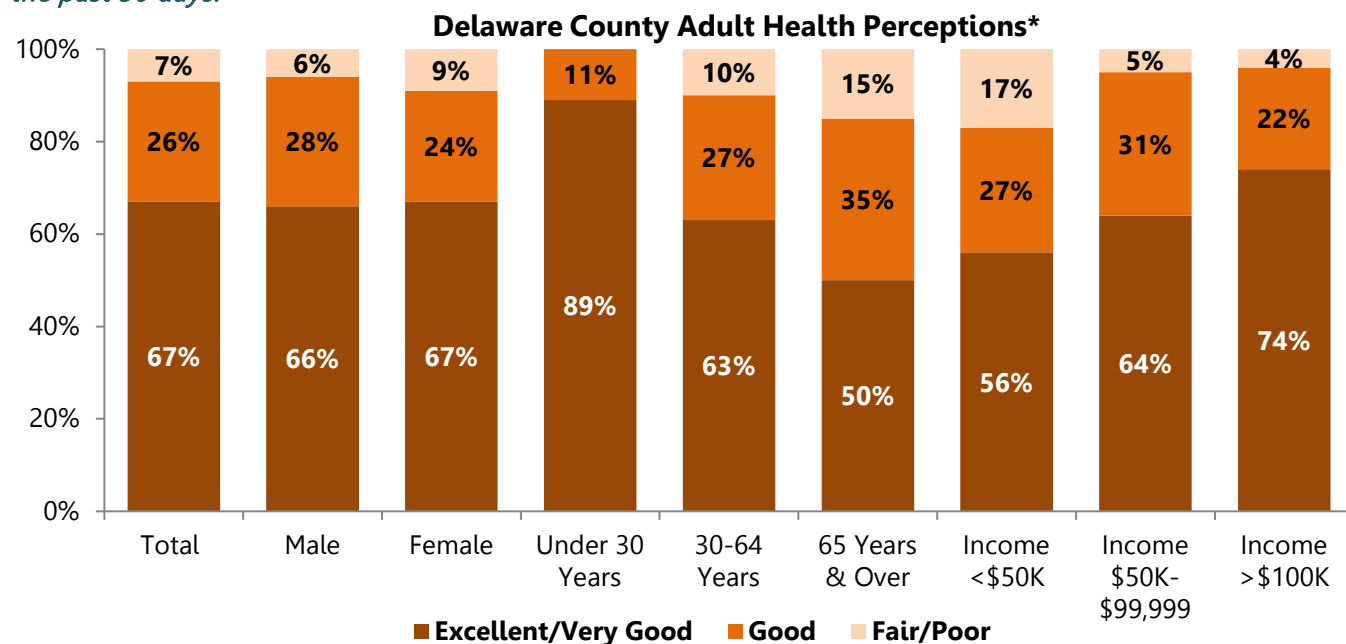
- Almost one-quarter (23%) of Delaware County adults rated their mental health as not good on four or more days in the previous month.
- Adults reported their mental health as not good on an average of 3.5 days in the previous month. Ohio and U.S. adults reported their mental health as not good on an average of 4.0 days and 3.8 days, respectively, in the previous month *(Source: 2015 BRFSS as compiled by County Health Rankings)*.
- Delaware County adults were most likely to rate their mental health as not good if they:
 - Were less than 30 years old (53%)
 - Were female (40%)
 - Had an annual household income under \$50,000 (38%)

Adults Who Rated General Health Status Excellent or Very Good

- Delaware County 67% (2017)
- Ohio 51% (2016)
- U.S. 52% (2016)

(Sources: 2017 Delaware County Health Assessment, 2016 BRFSS)

The following graph shows the percentage of Delaware County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information include: 67% of all Delaware County adults, 66% of males, and 50% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



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

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.

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	67%	12%	5%	2%	5%
Females	34%	14%	8%	0%	11%
Total	65%	13%	6%	1%	8%
Mental Health Not Good in Past 30 Days*					
Males	72%	6%	5%	2%	11%
Females	49%	14%	11%	0%	15%
Total	60%	10%	8%	1%	13%

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

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Rated health as good, very good, or excellent	91%	91%	93%	82%	83%
Rated health as fair or poor	9%	9%	7%	18%	17%
Average days that physical health not good in past month	2.5	2.5	2.2	3.7*	3.8*
Average days that mental health not good in past month	3.2	2.6	3.5	4.0*	3.8*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	1.6	1.4	N/A	N/A

*2015 BRFSS as compiled by County Health Rankings

N/A – Not Available

Health Behaviors: Adult Weight Status

Key Findings

Sixty-five percent (65%) of Delaware County adults were overweight or obese based on Body Mass Index (BMI). Almost half (47%) of adults engaged in some type of physical activity or exercise for at least 30 minutes on four or more days per week. When calorie information is available in a restaurant, 10% of adults reported it always helped them decide what to order.

Adult Weight Status

- About two-thirds (65%) of Delaware County adults were either overweight (36%) or obese (29%) by Body Mass Index (BMI), putting them at an elevated risk for developing a variety of chronic diseases.
- More than two-fifths (43%) of adults were trying to lose weight, 43% were trying to maintain their current weight or keep from gaining weight, and 2% were trying to gain weight. Twelve percent (12%) of Delaware County adults were not doing anything to lose or gain weight.
- Delaware County adults did the following to lose weight or keep from gaining weight: exercised (57%); ate less food, fewer calories, or foods low in fat (54%); drank more water (53%); ate a low-carb diet (16%); smoked cigarettes (2%); health coaching (2%); used a weight loss program (2%); went without eating 24 or more hours (1%); participated in a prescribed dietary or fitness program prescribed by a health professional (1%); took prescribed medications (<1%); bariatric surgery (<1%); and took laxatives (<1%).

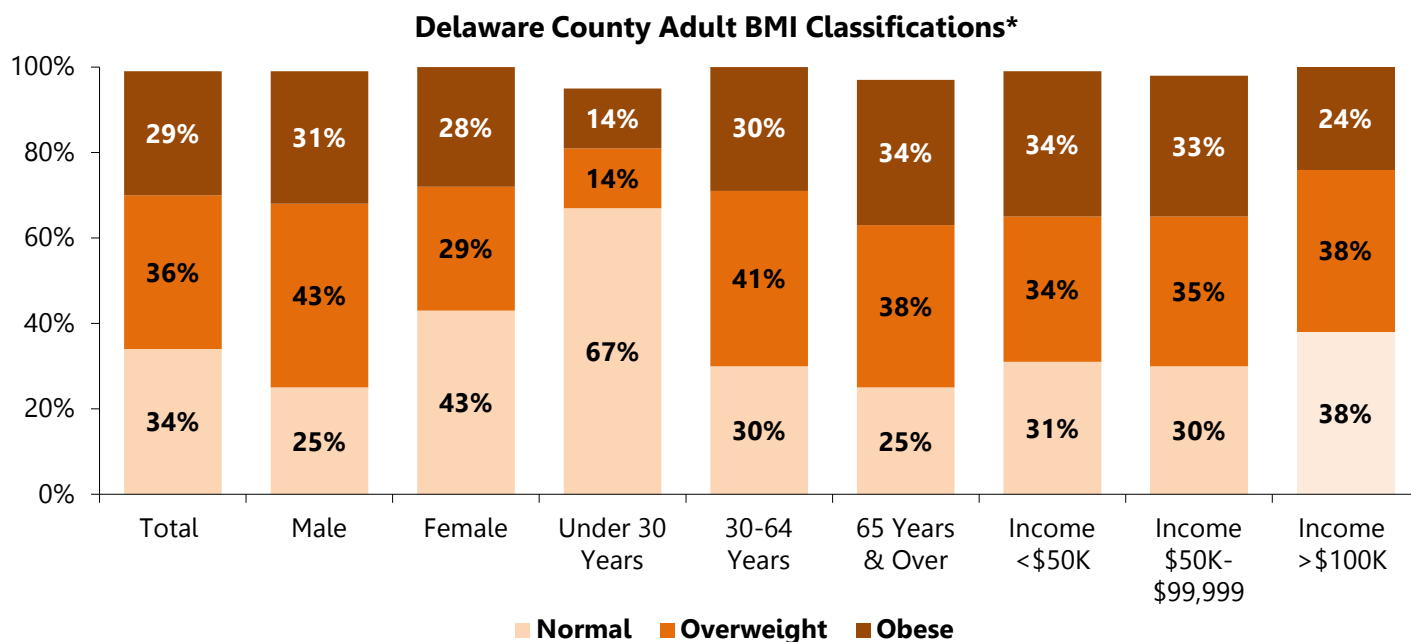
65% of Delaware County adults were either overweight or obese.

Physical Activity

- Forty-four percent (44%) of adults engaged in some type of physical activity or exercise for at least 30 minutes 1 to 3 days per week. Forty seven percent (47%) of adults exercised 4 or more days per week. Eight percent (8%) of adults did not participate in any physical activity in the past week, including <1% who were unable to exercise.
- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, the CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity Basics*, 2015).
- Reasons for not exercising included the following: too tired (23%), lack of time (19%), lack of self-motivation or will-power (16%), ill or otherwise physically unable (6%), no personal reason (6%), do not enjoy being active (4%), no exercise partner (4%), too expensive (2%), afraid of injury (2%), other (2%), and don't know/ not sure (2%). Five percent (5%) of adults reported they get enough exercise or are currently exercising.
- Delaware County adults spent an average of 2.1 hours watching TV, 1.5 hours on their PC/tablet (outside of work), 1.3 hours on their cell phone and 0.1 hours playing video games on an average day of the week.
- During the work day, Delaware County adults reported the following: mostly sitting (48%), mostly standing (8%), mostly walking (4%), mostly heavy labor or physically demanding work (3%), and a variety (15%). Twenty-two percent (22%) of adults reported they were not working or were not employed.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Obese	22%	25%	29%	32%	30%
Overweight	35%	36%	36%	35%	35%

The following graph shows the percentage of Delaware County adults who were overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 34% of all Delaware County adults were classified as normal weight, 36% were overweight and 29% were obese.

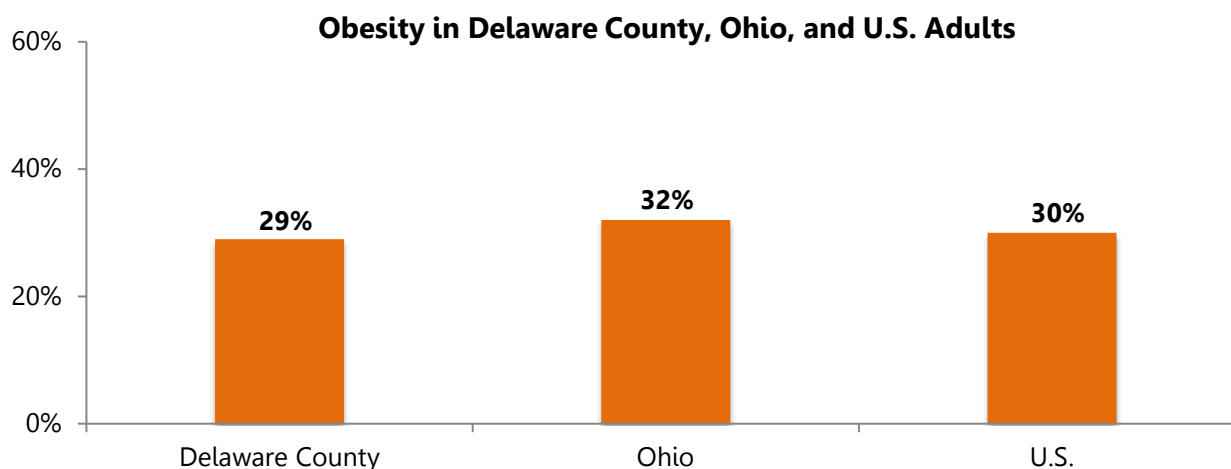


*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

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 Delaware County adults who are obese compared to Ohio and the U.S. This graph indicates:

- In 2017, the Delaware County obesity rate was lower than the 2016 Ohio and U.S. rates.



(Sources: 2017 Delaware County Health Assessment and 2016 BRFSS)

Nutrition

- Three percent (3%) of Delaware County adults ate 5 or more servings of whole fruit per day. Nineteen percent (19%) ate 3 to 4 servings per day, 71% ate 1 to 2 servings per day, and 7% ate 0 servings per day.
- Four percent (4%) of Delaware County adults ate 5 or more servings of whole vegetables per day. Twenty-nine percent (29%) ate 3 to 4 servings per day, 63% ate 1 to 2 servings per day, and 5% ate 0 servings per day.
- Delaware County adults consumed an average of 2.7 servings of whole fruits and 3.1 servings of whole vegetables on an average day.
- The American Cancer Society recommends that adults eat at least 2 ½ cups (5 servings) of fruits and vegetables per day to reduce the risk of cancer and to maintain good health (*Source: American Cancer Society, 2017*).
- Three percent (3%) of adults consumed 5 or more servings of sugar-sweetened beverages per day. Six percent (6%) drank 3 to 4 servings per day, 23% consumed 1 to 2 servings per day, and 60% consumed 0 servings per day.
- Six percent (6%) of adults consumed 5 or more servings of caffeinated beverages per day. Fourteen percent (14%) consumed 3 to 4 servings per day, 54% consumed 1 to 2 servings of per day, and 26% drank 0 servings per day.
- Delaware County adults consumed an average of 1.8 servings of sugar-sweetened beverages and 2.6 servings of caffeinated beverages on an average day.
- Delaware County adults reported the following barriers in consuming fruits and vegetables: too expensive (3%), do not like the taste (3%), did not know how to prepare them (3%), no access (1%), no variety (1%), and other reasons (3%). Ninety-two percent (92%) of adults reported no barriers in consuming fruits and vegetables.
- In a typical week, adults ate out in a restaurant or brought home take-out food at the following frequencies: 1-2 meals (56%), 3-4 meals (25%), and 5 or more meals (10%). Nine percent (9%) of adults did not eat out in a restaurant or bring home take-out food in a typical week.
- When calorie information is available in a restaurant, 10% of Delaware County adults reported it always helps them decide what to order, 15% reported most of the time, 11% reported about half the time, 37% reported sometimes, 26% reported never, and 1% reported don't know/not sure.

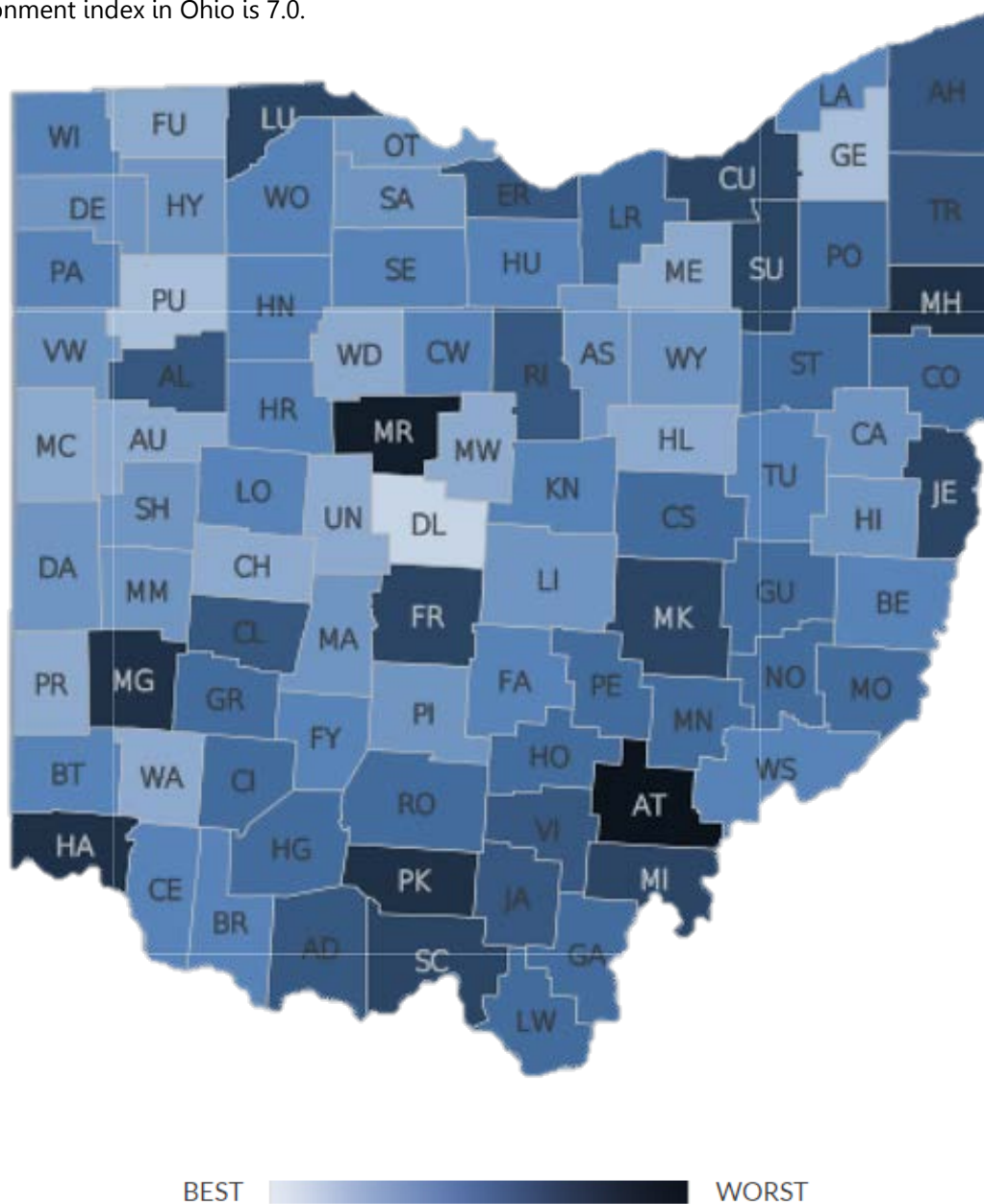
Fruit and Vegetable Barriers

- According to the 2013 Delaware County Health Assessment, in comparison to Delaware County, Harlem Township experiences poorer health outcomes.
- The Westerville Estates Manufactured Home Park (MHP), located in Harlem Township, includes over 290 lots of low-income housing.
- Delaware General Health District staff surveyed 45 individuals (by mail and in-person) who lived in the MHP. Survey results found that one-fourth (25%) of residents had barriers in consuming fruits and vegetables. The barriers included: too expensive (19%), did not like the taste (2%), transportation (2%), and no variety (2%).
- Almost half (46%) of residents indicated they would use an EBT card to buy fruits and vegetables at the Sunbury Farmer's Market.

(Source: Delaware General Health District)

The Food Environment Index measures the quality of the food environment in a county on a scale from 0 to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are limited access to healthy foods & food insecurity.

- The food environment index in Delaware County is 8.4.
- The food environment index in Ohio is 7.0.



(Source: USDA Food Environment Atlas, as compiled by County Health Rankings, 2017)

Health Behaviors: Adult Tobacco Use

Key Findings

In 2017, 10% of Delaware County adults were current smokers, and 22% were considered former smokers. One percent (1%) of adults used vaping products in the past month. Fifty-eight percent (58%) of Delaware County adults believed that e-cigarette vapor was harmful to themselves. Almost two-fifths (38%) of adults did not know if e-cigarette vapor was harmful.

In 2017, 10% of Delaware County adults were current smokers.

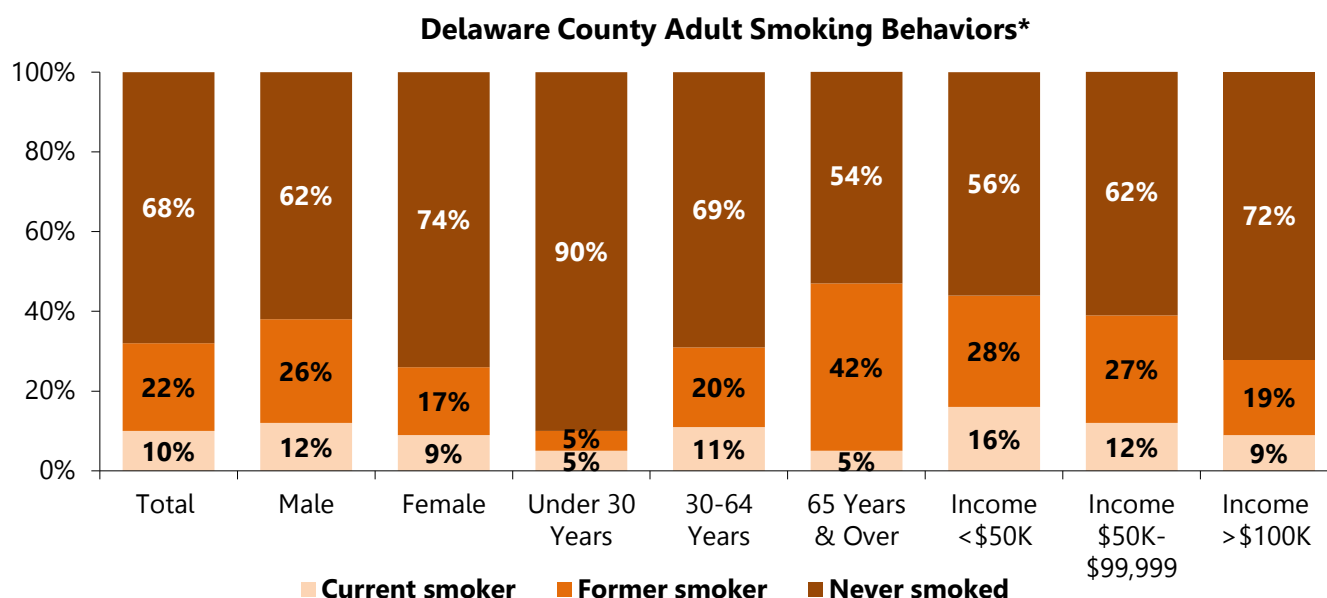
Adult Tobacco Use Behaviors

- Ten percent (10%) of Delaware County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days). The 2016 BRFSS reported current smoker prevalence rates of 23% for Ohio and 17% for the U.S.
- More than one-fifth (22%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2016 BRFSS reported former smoker prevalence rates of 24% for Ohio and 25% for the U.S.
- Delaware County adult smokers were more likely to have:
 - Been divorced (38%)
 - Rated their overall health as poor (24%)
 - Asthma (22%)
 - Incomes less than \$50,000 (16%)
 - Chronic Obstructive Pulmonary Disease (COPD) or emphysema (14%)
- Adults used the following tobacco products in the past month: cigarettes (11%), cigars (4%), chewing tobacco (2%), hookah (1%), vaping products (1%), pouch (1%), and little cigars (<1%).
- More than half (56%) of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- Fifty-eight percent (58%) of Delaware County adults believed that e-cigarette vapor was harmful to themselves. Nearly half (49%) of adults believed that e-cigarette vapor was harmful to others, and 2% did not believe it was harmful to anyone. Almost two-fifths (38%) of adults did not know if e-cigarette vapor was harmful.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Current smoker	16%	15%	10%	23%	17%
Former smoker	N/A	N/A	22%	24%	25%
Tried to quit smoking	N/A	54%	56%	N/A	N/A

N/A – Not Available

The following graph shows Delaware County adults smoking behaviors. Examples of how to interpret the information include: 10% of all Delaware County adults were current smokers, 22% of all adults were former smokers, and 68% had never smoked.



*Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life?"

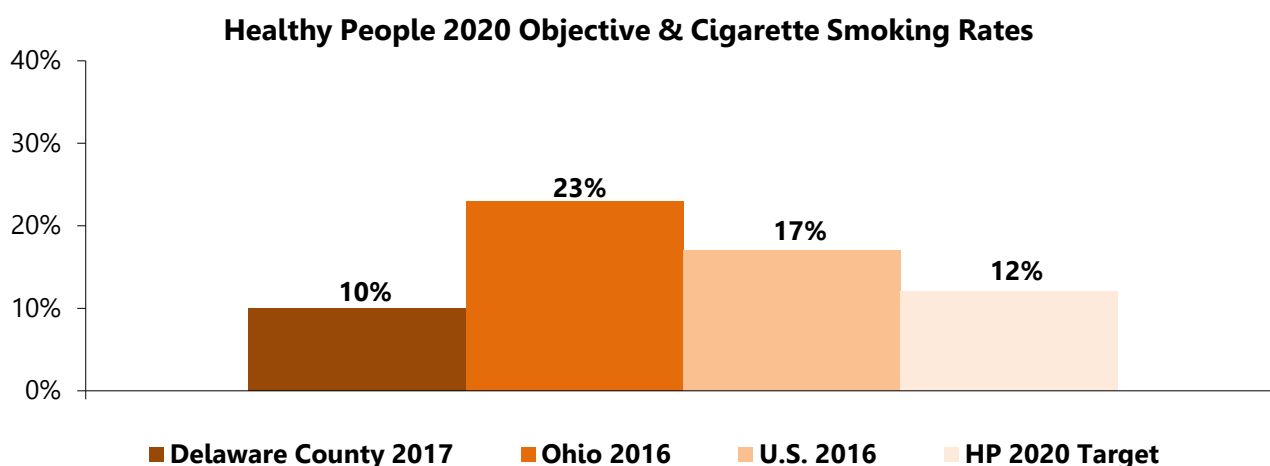
If yes, do you now smoke cigarettes every day, some days or not at all?"

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.

56% of current smokers had stopped smoking for at least one day in the past year because they were trying to quit smoking.

The following graph shows Delaware County, Ohio, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Ohio and the U.S. were for adults 18 years and older. This graph shows:

- The Delaware County adult cigarette smoking rate was lower than the Ohio and U.S. rates and lower than the Healthy People 2020 target objective.

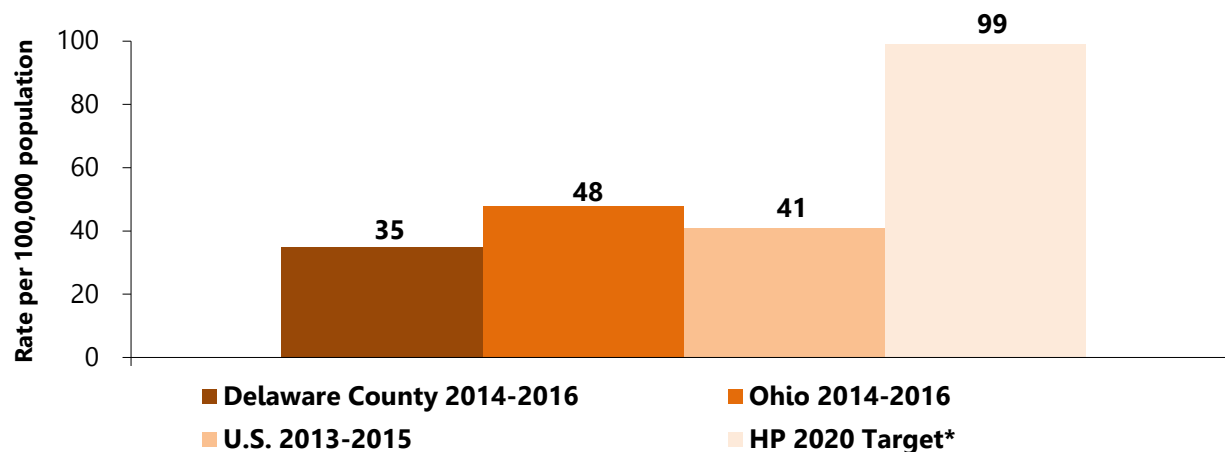


(Sources: 2017 Delaware County Health Assessment, 2016 BRFSS and Healthy People 2020)

The following graphs show Delaware County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD) as well as lung and bronchus cancer in comparison with the Healthy People 2020 objective. These graphs show:

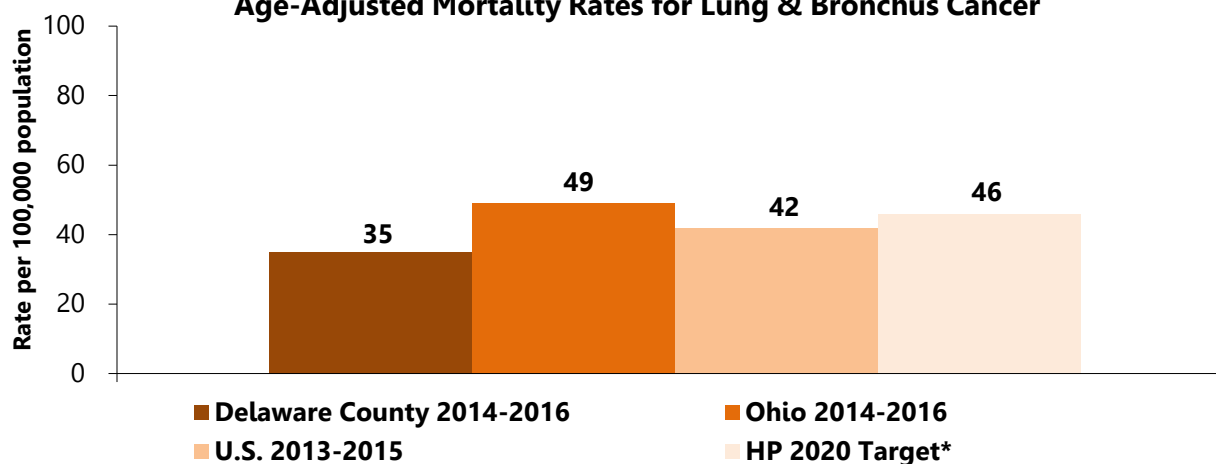
- From 2014 to 2016, Delaware County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was lower than the U.S. and Ohio rates, as well as the Healthy People 2020 target objective.
- For the age-adjusted mortality rates for lung and bronchus cancer, Delaware County rates were lower than U.S. and Ohio rates, as well as the Healthy People 2020 target objective.

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



Note: Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

Age-Adjusted Mortality Rates for Lung & Bronchus Cancer



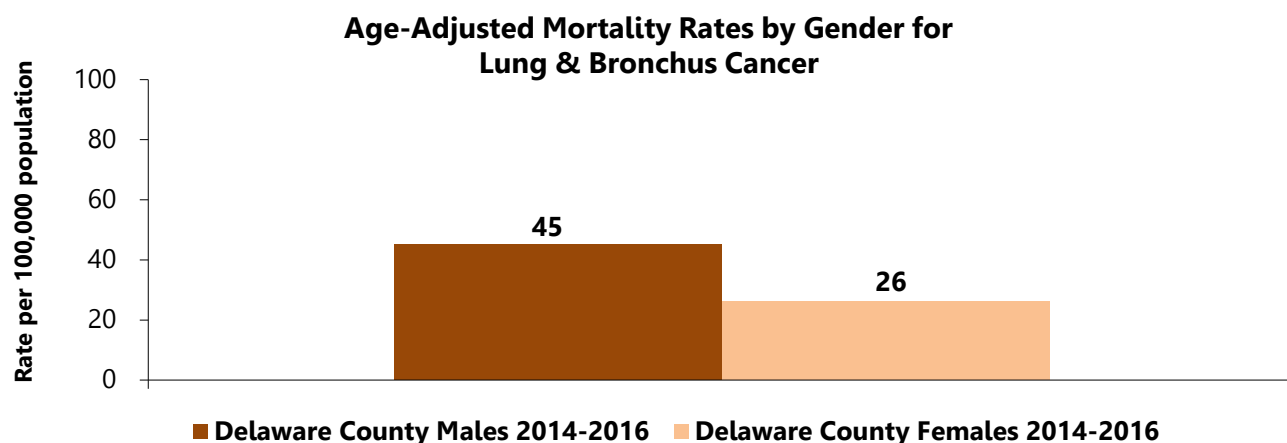
Note: Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.

Note: Healthy People 2020's target rate is for lung cancer only

(Sources for graphs: Healthy People 2020, Ohio Public Health Data Warehouse 2014-2016, CDC Wonder 2013-2015)

The following graph shows Delaware County incidence rates by gender for lung and bronchus cancer. The graph shows:

- From 2014 to 2016, Delaware County's male age-adjusted lung and bronchus mortality rate was almost double the female age-adjusted rate.



(Source: Ohio Public Health Data Warehouse 2014-2016)

Smoke-free Living: Benefits & Milestones After Quitting

- According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover after quitting:
 - In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
 - After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
 - After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
 - After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
 - After 5 years: Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Your risk of cervical cancer and stroke return to normal.
 - After 10 years: You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.
 - After 15 years your risk of coronary heart disease is the same as a non-smoker's.

(Source: American Hospital Association, Smoke-free Living: Benefits & Milestones, June 2015)

Health Behaviors: Adult Alcohol Consumption

Key Findings

In 2017, 69% of Delaware County adults were considered current drinkers. Over one-fifth (22%) of 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.

Adult Alcohol Consumption

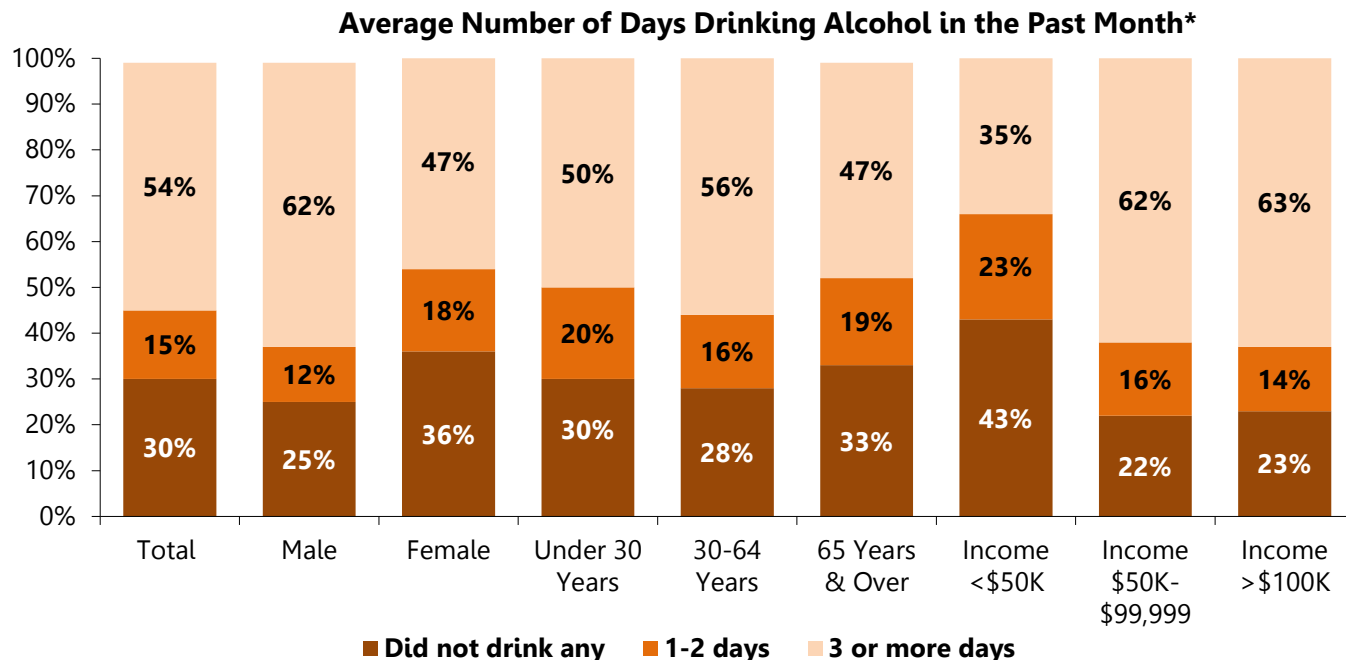
- Sixty-nine percent (69%) of Delaware County adults had at least one alcoholic drink in the past month, increasing to 74% of males. The 2016 BRFSS reported current drinker prevalence rates of 53% for Ohio and 54% for the U.S.
- Of those who drank, Delaware County adults drank 3.2 drinks on average, increasing to 4.0 drinks for males.

22% of Delaware County adults were considered binge drinkers

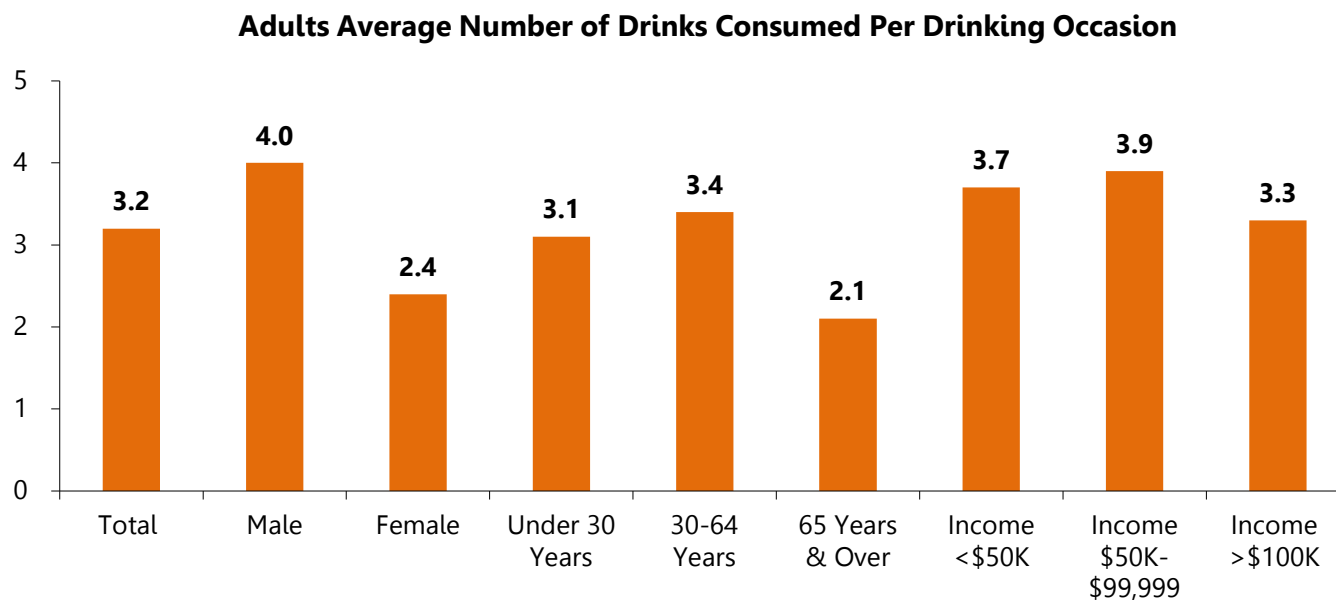
- More than one-fifth (22%) of Delaware County adults reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers (The 2016 BRFSS reported binge drinking rates of 18% for Ohio and 17% for the U.S.). Of those who drank in the past month, 34% had at least one episode of binge drinking.
- Delaware County adults indicated they or a family member experienced the following in the past 6 months: drove after having any alcoholic beverage (13%); drank more than they expected (11%); used prescription drugs while drinking (6%); spent a lot of time drinking (4%); drank more to get the same effect (2%); continued to drink despite problems caused by drinking (2%); gave up other activities to drink (1%); tried to quit or cut down but could not (1%); failed to fulfill duties at work, home, or school (1%); and drank to ease withdrawal symptoms (1%).

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had at least one alcoholic beverage in past month	63%	61%	69%	53%	54%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	15%	19%	22%	18%	17%

The following graphs show the percentage of Delaware County adults consuming alcohol and the amount consumed on average in the past month. Examples of how to interpret the information shown on the first graph include: 30% of all Delaware County adults did not drink alcohol in the past month, including 25% of males and 36% of females.



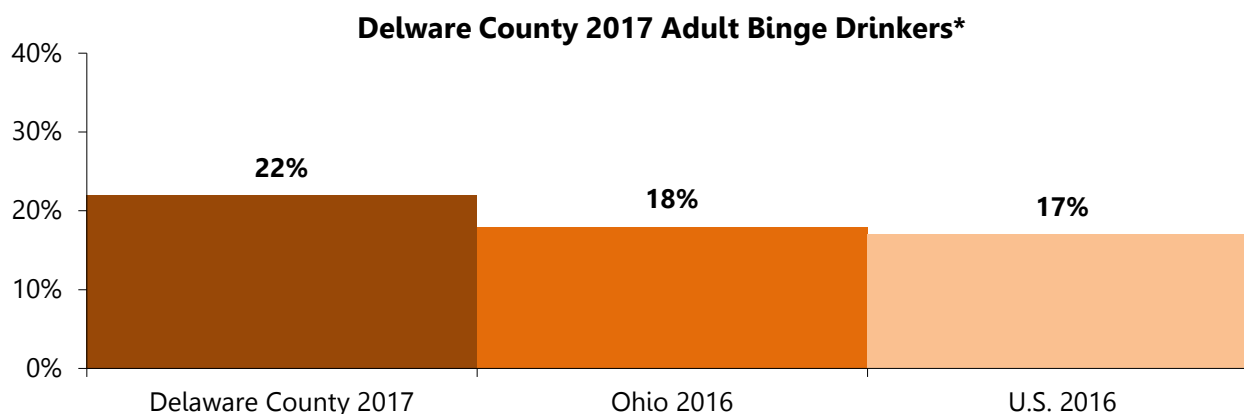
*Percentages may not equal 100% as some respondents answered, "don't know"



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

The following graph shows a comparison of Delaware County binge drinkers with Ohio and U.S. binge drinkers. The graph indicates:

- In 2017, Delaware County had a larger percentage of binge drinkers in comparison to Ohio and U.S. rates.



(Source: 2016 BRFSS, 2017 Delaware County Health Assessment)

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

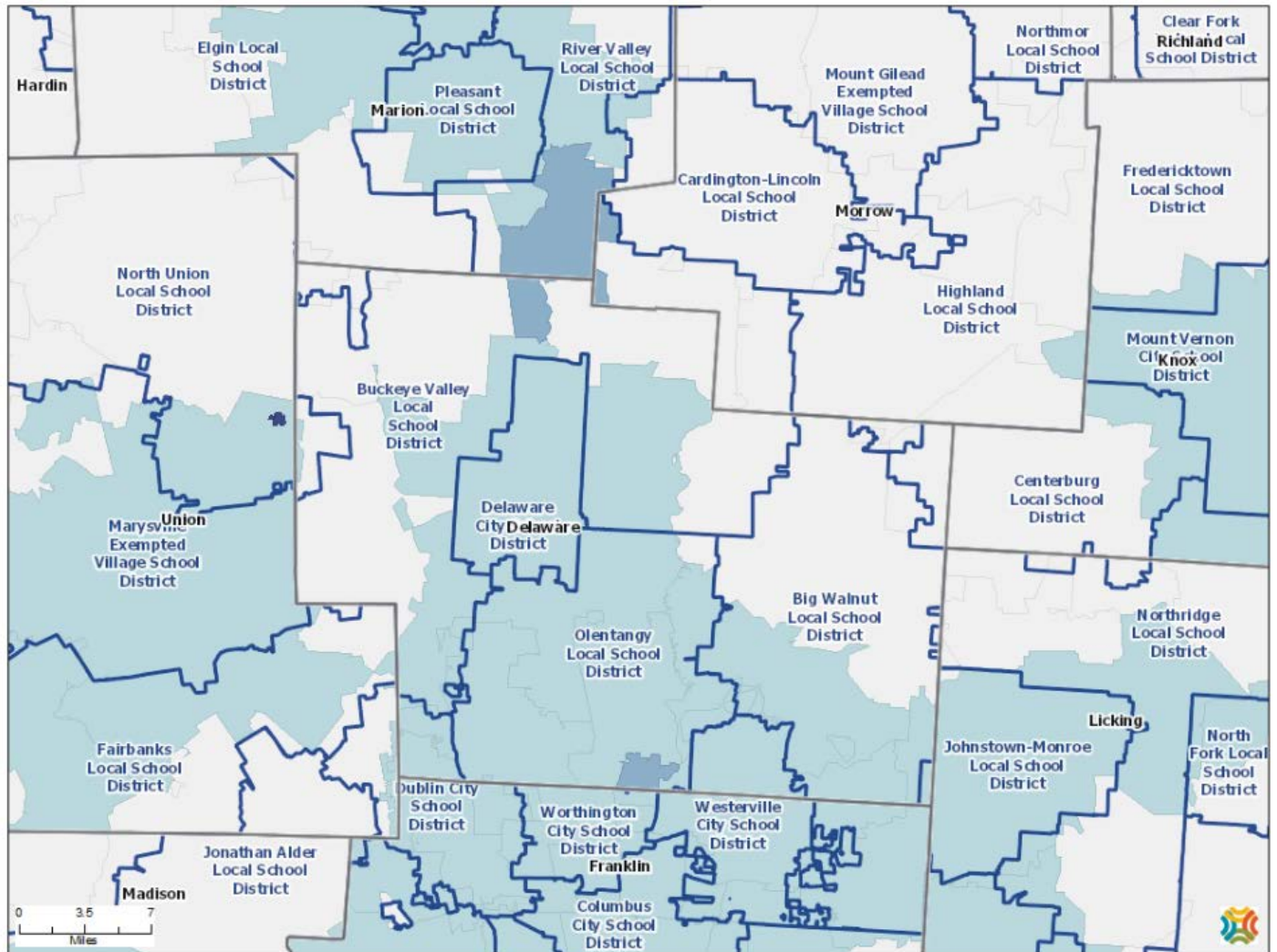
The following table shows the City of Delaware, Delaware County, and Ohio motor vehicle accident statistics. The table shows:

- In 2016, 5% of the total crashes in Delaware County and the U.S. were alcohol-related.
- Of the total number of alcohol-related crashes (173) in Delaware County, 46% were property damage only, 50% were non-fatal injury, and 4% were fatal injury.
- There were 12,243 alcohol-related crashes in Ohio in 2016. Of those crashes, 56% were property damage only, 41% were non-fatal injury, and 3% were fatal injury.

Crash Report Data	City of Delaware 2016	Delaware County 2016	Ohio 2016
Total Crashes	819	3,960	305,958
Alcohol-Related Total Crashes	35	173	12,243
Fatal Injury Crashes	4	21	1,054
Alcohol-Related Fatal Crashes	3	7	313
Alcohol Impaired Drivers in Crashes	32	162	11,958
Injury Crashes	203	1,112	77,513
Alcohol-Related Injury Crashes	16	86	5,076
Property Damage Only	612	2,827	227,391
Alcohol-Related Property Damage Only	16	80	6,854
Deaths	4	24	1,133
Alcohol-Related Deaths	3	7	346
Total Non-Fatal Injuries	269	1,649	112,330
Alcohol-Related Injuries	23	124	7,199

(Source: Ohio Department of Public Safety, Crash Reports, Updated 6/20/2017, Traffic Crash Facts)

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) ZCTA, CBP 2015



Map Legend

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2015

- Over 32.0
- 16.1 - 32.0
- 8.1 - 16.0
- Under 8.1
- No Bars or Drinking Establishments

Community Commons, 3/22/2018

(Source: U.S. Census Bureau, County Business Patterns: 2015 as compiled by Community Commons, obtained on 12/4/17)

Description of indicator: This layer provides information about select businesses and establishments across the United States. Data are from the US Census Bureau's County Business Patterns data series, which classifies businesses using the North American Industry Classification System (NAICS). Map layers include county-level establishment totals and establishment.

Health Behaviors: Adult Drug Use

Key Findings

In 2017, 4% of Delaware County adults had used marijuana during the past 6 months. Seven percent (7%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Adult Drug Use

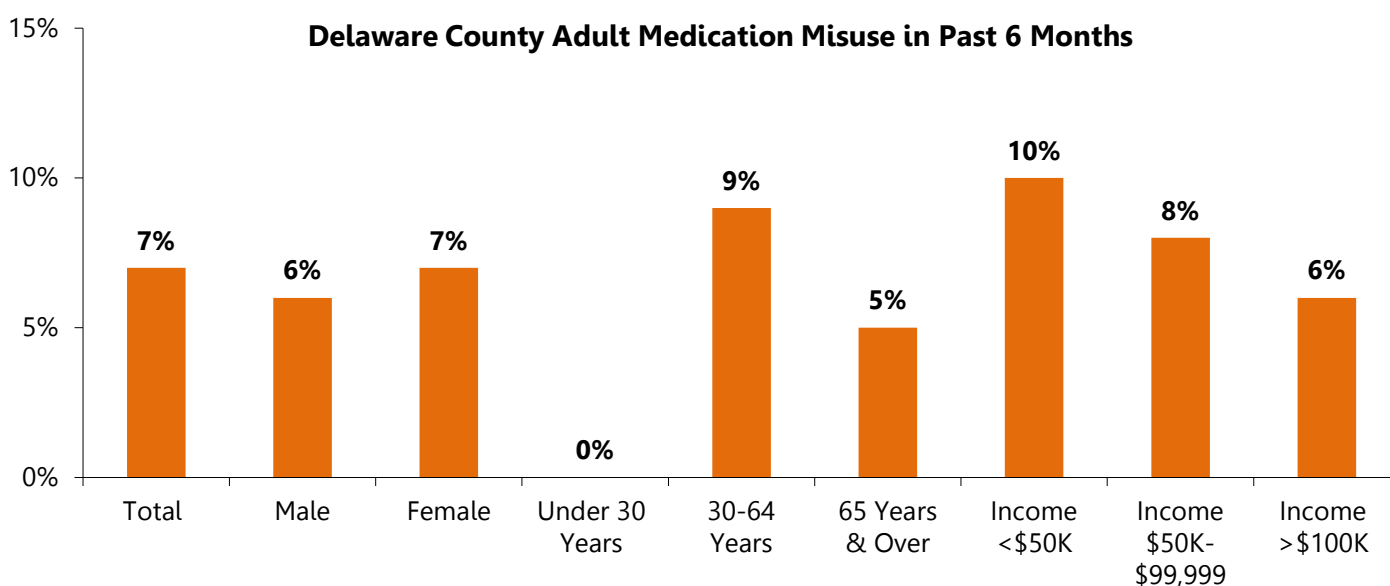
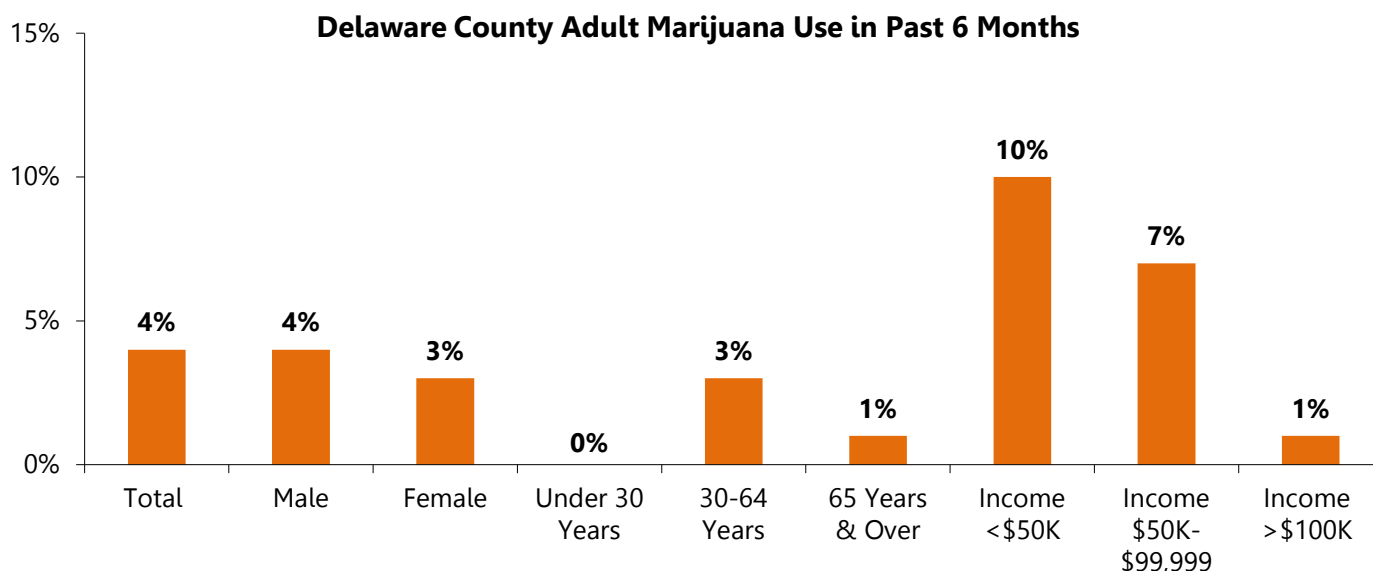
- Four percent (4%) of Delaware County adults had used marijuana in the past 6 months.
- Delaware County adults reported themselves, an immediate family member, or someone in their household used the following in the past 6 months: wax, oil with THC edibles (4%); medical marijuana (3%); cocaine, crack, or coca leaves (1%); LSD, mescaline, peyote, psilocybin, DMT, or mushrooms (1%); amphetamines, methamphetamine or speed (1%); ecstasy or E, or GHB (1%); heroin (1%); inhalants such as glue, toluene, gasoline, duster or paint (<1%); bath salts (<1%); and synthetic marijuana/K2 (<1%).
- Seven percent (7%) of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past six 6 months, increasing to 9% of those ages 30-64 years old.
- Delaware County adults indicated they did the following with their unused prescription medication: took as prescribed (33%), threw them in the trash (33%), kept them (29%), took them to a medication collection program (23%), flushed them down the toilet (17%), took them to Drug Take Back Days (13%), took them to the sheriff's office (6%), kept them in a locked cabinet (4%), sold them (1%), and other (4%).
- Adults who misused prescription medications obtained them from the following: primary care physician (87%), multiple doctors (14%), ER or urgent care doctor (3%), and free from a friend or family member (1%).
- As a result of using drugs, Delaware County adults indicated they or a family member had legal problems (32%), failed a drug screen (27%), placed themselves in dangerous situations (23%), regularly failed to fulfill obligations at work or home (18%), and overdosed and required EMS/hospitalization (9%).
- One percent (1%) of Delaware County adults had used a program or service to help with an alcohol or drug problem for themselves or a loved one. Reasons for not using a program or service to help with a drug or alcohol problem included the following: had not thought of it (1%), did not know how to find a program (1%), could not get to the office or clinic (<1%), insurance did not cover it (1%), did not want to get in trouble (<1%), transportation (<1%), and other reasons (<1%). Ninety-eight percent (98%) of adults indicated that they did not need a program or service to help with an alcohol or drug problem for themselves or a loved one.

Delaware County Drug Epidemic

- There were 27 accidental overdose deaths in Delaware County in 2017. Of those who overdosed:
 - 44% were females and 56% were males
 - 93% were Caucasian and 7% were African American
 - The average age was 40 years old
- Of those that overdosed, 82% had 2 or more substances in their body
 - The highest substances linked with deaths were cocaine, fentanyl, and heroin
- Of the total deaths, 41% graduated high school or held a GED; 19% had a 9th-12th grade education, but no diploma; 11% earned a bachelor's degree; 7% completed some college; and 4% earned a Master's degree

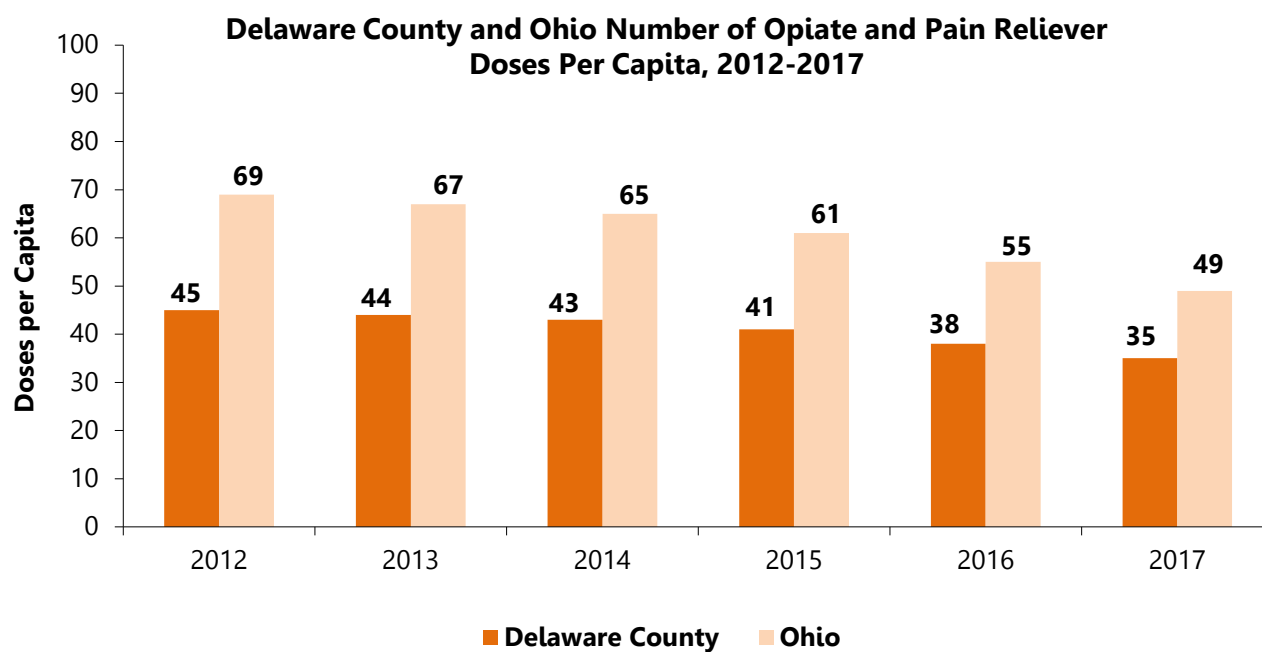
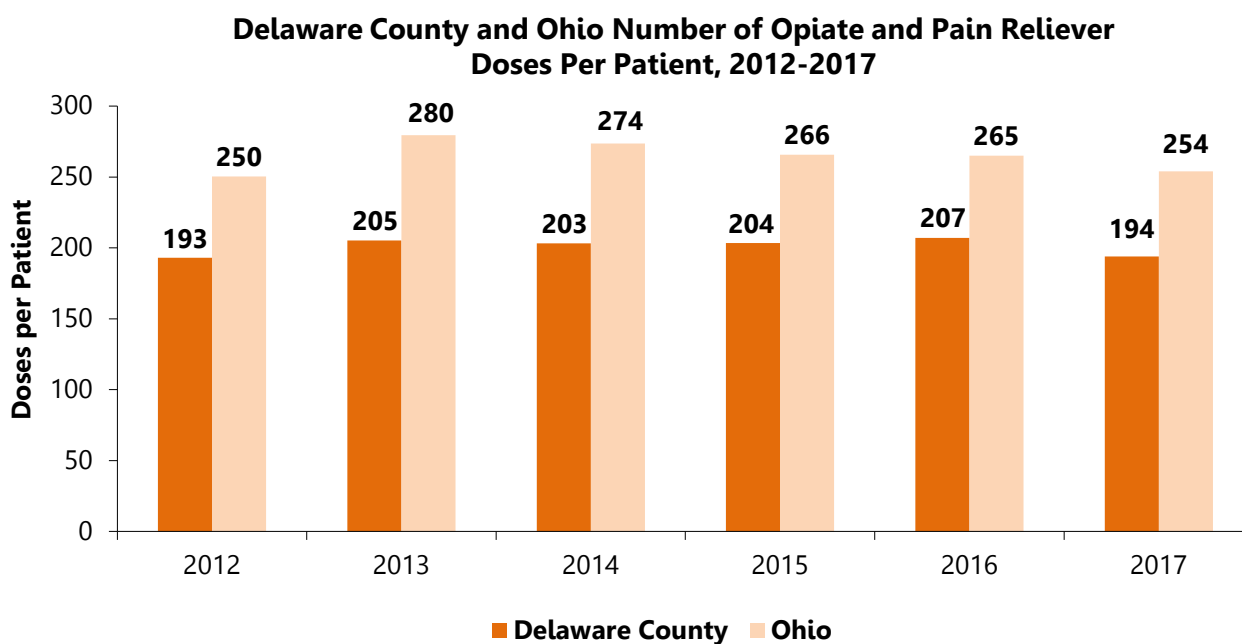
(Source: Ohio Department of Health, compiled by Delaware General Health District)

The following graphs indicate marijuana use and medication misuse in the past six months. Examples of how to interpret the information include: 4% of all Delaware County adults used marijuana in the past six months, including 4% of males and 10% of those with incomes less than \$50,000.



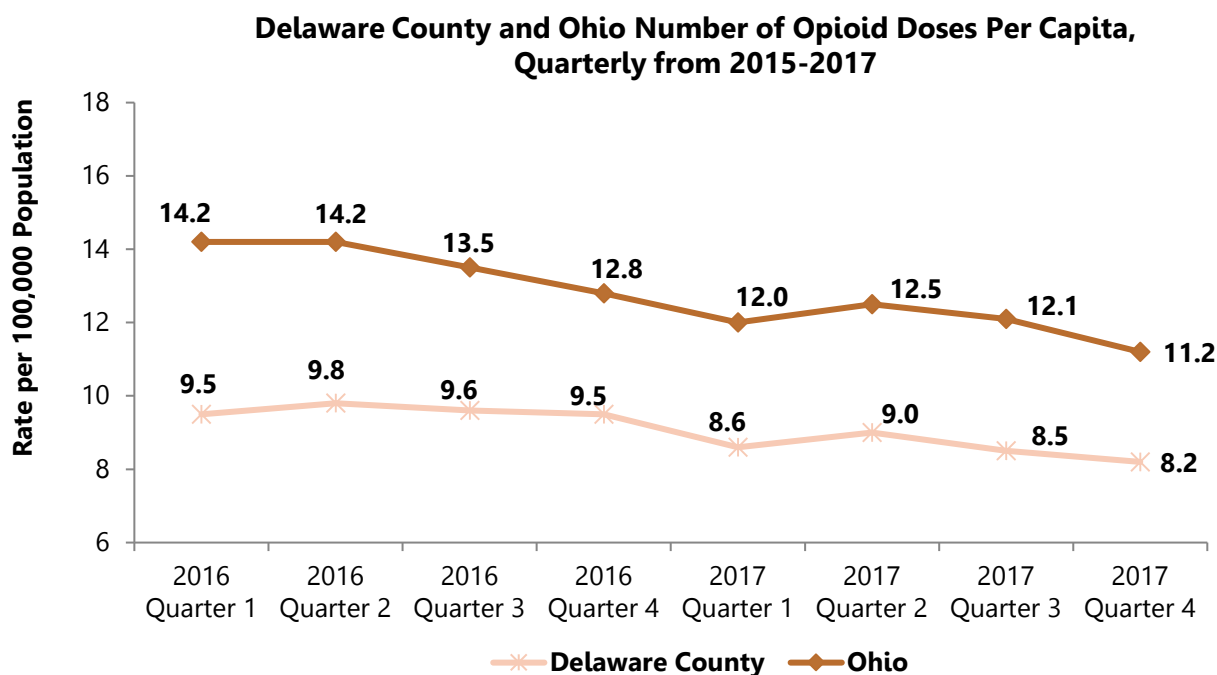
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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



(Source: Ohio Automated Rx Reporting System, Quarterly County Data, Accessed on April 17, 2018)

The following graph is data from the Ohio Automated Prescription Reporting System (OARRS) indicating Delaware County and Ohio opioid doses per capita.



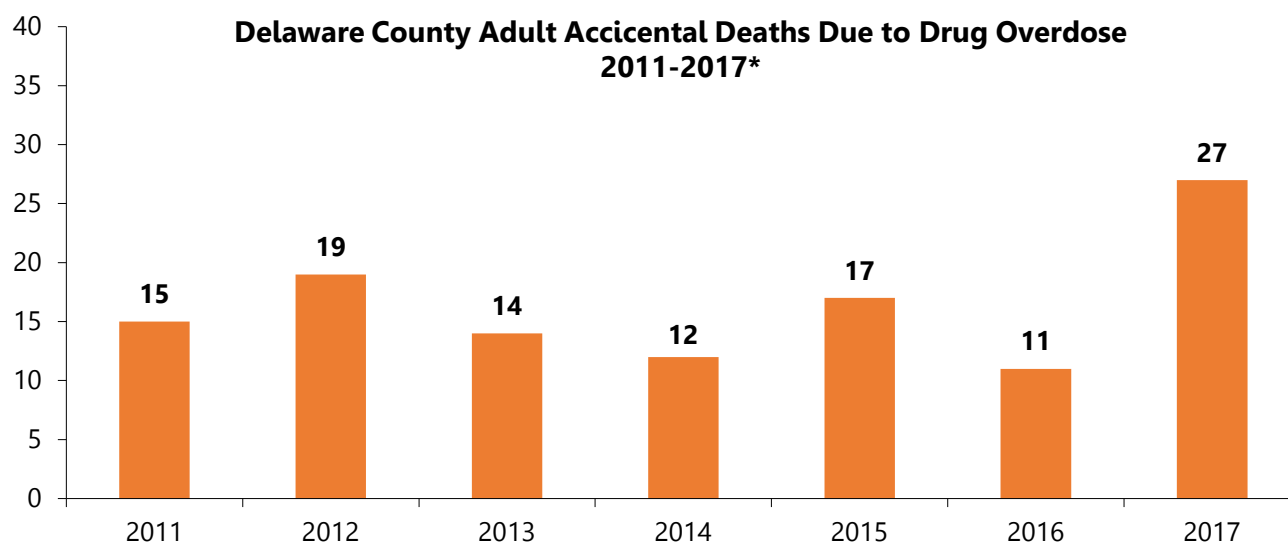
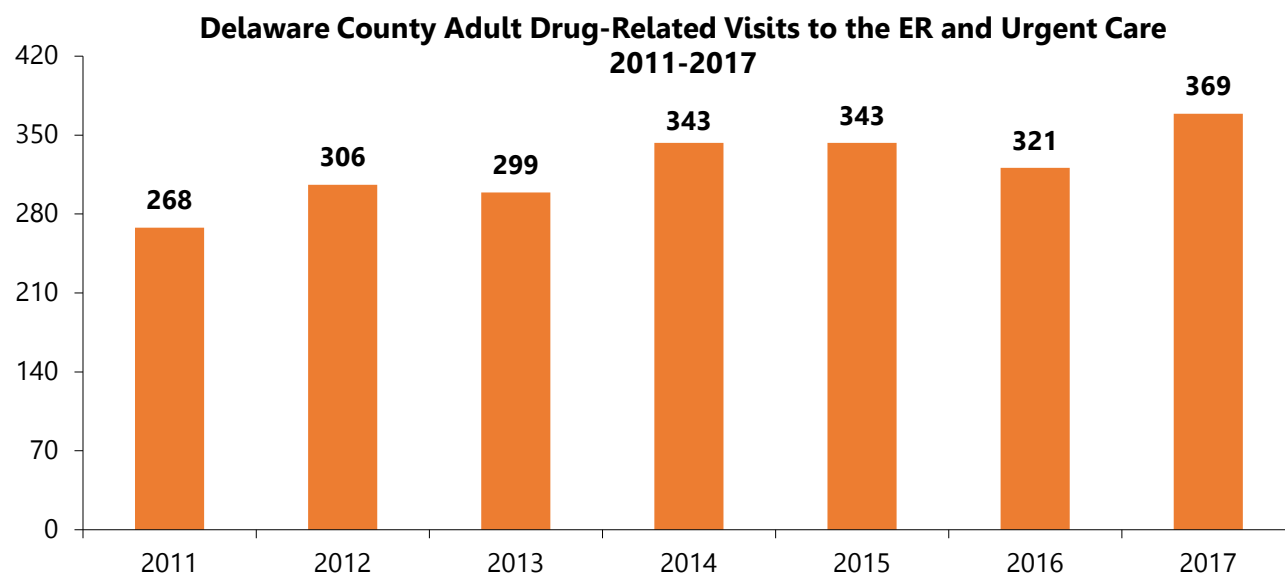
(Source: Ohio Automated Rx Reporting System, Quarterly County Data, Accessed on April 17, 2018)

Ohio's New Limits on Prescription Opiates

- No more than seven days of opiates can be prescribed for adults; no more than five days of opiates can be prescribed for minors.
- The total morphine equivalent dose (MED) of a prescription for acute pain cannot exceed an average of 30 MED per day.
- Health care providers can prescribe opiates in excess of the new limits only if they provide a specific reason in the patient's medical record. Unless such a reason is given, a health care provider is prohibited from prescribing opiates that exceed Ohio's limits.
 - Prescribers will be required to include a diagnosis or procedure code on every controlled substance prescription, which will be entered into Ohio's prescription monitoring program, OARRS.
 - The new limits do not apply to opioids prescribed for cancer, palliative care, end-of-life/hospice care or medication-assisted treatment for addiction.
 - The new limits will be enacted through rules passed by the State Medical Board, Board of Pharmacy, Dental Board and Board of Nursing.
- Since 2012, Ohio has reduced opiate prescriptions by 20%, yet more needs to be done to reduce the possibility of opiate abuse to those who are prescribed.

(Source: Ohio Mental Health and Addiction Services; New Limits on Prescription Opiates Will Save Lives and Fight Addiction, Updated 3/31/17)

The following graphs are data from the Delaware General Health District indicating Delaware County drug-related ER and urgent care visits, as well as deaths due to drug overdoses.



**2017 accidental drug overdose data is considered preliminary and may change as coroners have 6 months to complete reports
(Source for graphs: Ohio Department of Health, compiled by Delaware General Health District)*

Health Behaviors: Adult Sexual Behavior

Key Findings

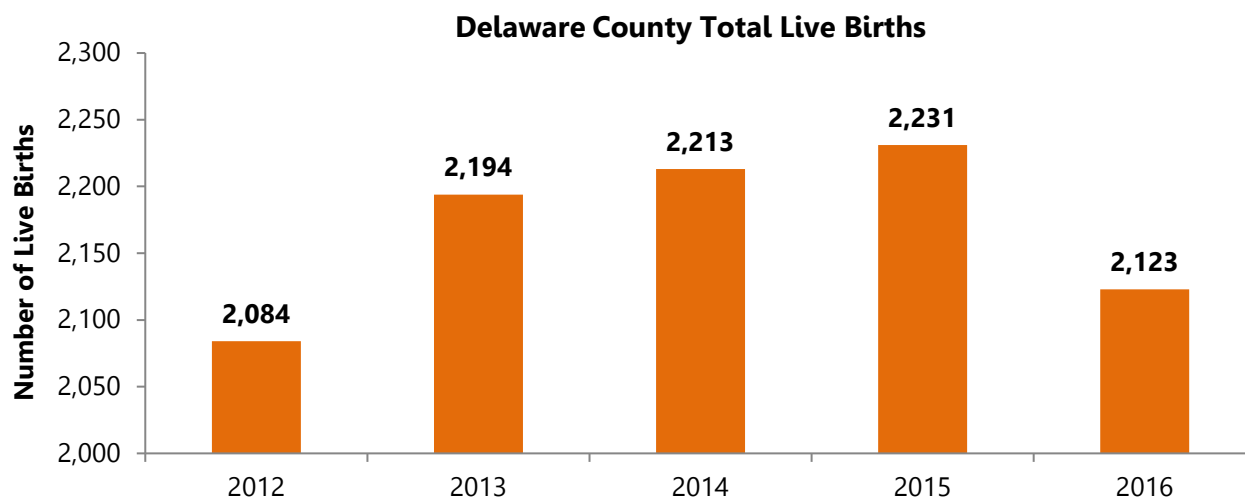
In 2017, 74% of Delaware County adults had sexual intercourse in the past year. Five percent (5%) of adults had more than one partner in the past year. Ten percent (10%) of Delaware County adults reported being forced or coerced to have any sexual activity when they did not want to, increasing to 17% of females.

Adult Sexual Behavior

- Almost three-quarters (74%) of Delaware County adults had sexual intercourse in the past year. Five percent (5%) of adults reported they had intercourse with more than one partner in the past year.
- Delaware County adults used the following methods of birth control: vasectomy (22%), condoms (19%), they or their partner were too old to get pregnant (17%), birth control pill (14%), withdrawal (7%), IUD (7%), hysterectomy (6%), tubes tied (5%), infertility (4%), rhythm method (4%), ovaries or testicles removed (2%), shots (1%) and other (1%).
- Fifteen percent (15%) of Delaware County adults did not regularly use any method of birth control.
- The following situations applied to Delaware County adults in the past year: had sex without a condom (41%); tested positive for HPV (8%); following alcohol or other drug use, they engaged in sexual activity that they would not have done if sober (1%); tested positive for Hepatitis C (1%); had four or more sexual partners (1%); treated for an STD (1%); knew someone involved in sex trafficking (1%); had sex with someone they did not know (<1%); gave or received money or drugs in exchange for sex (<1%); had anonymous sex with someone they met on social media (<1%); and tested positive for HIV (<1%).
- Ten percent (10%) of Delaware County adults were forced or coerced to have any sexual activity when they did not want to, increasing to 17% of females and 16% of those with incomes less than \$50,000. One percent (1%) of those who were forced to have sexual activity reported it.

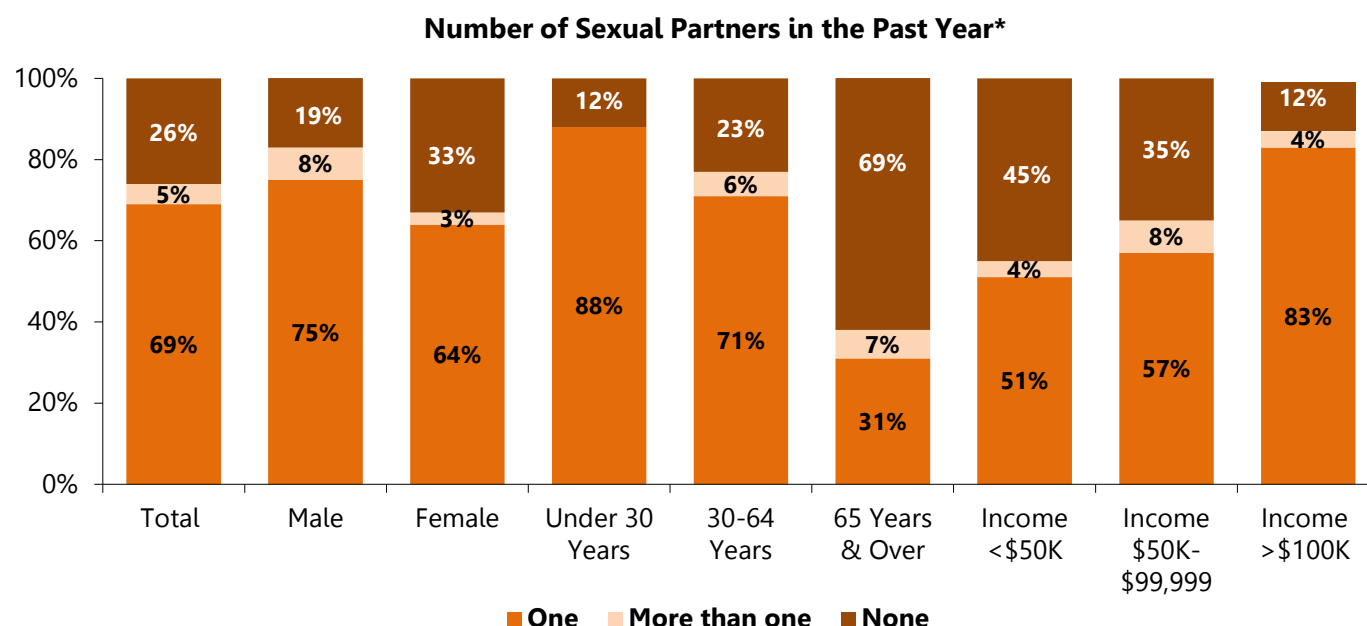
The following graph shows Delaware County total live births from 2012-2016. The graph shows:

- From 2012 to 2016, there was an average of 2,169 live births per year in Delaware County.



*Note: the pregnancy outcomes data includes all births to adults and adolescents.
(Source for graphs: ODH Information Warehouse, Updated 12/3/17)*

The following graph shows the number of sexual partners Delaware County adults had in the past year. Examples of how to interpret the information in the graph include: 69% of all Delaware County adults had one sexual partner in the past 12 months, 5% had more than one, and 8% of males had more than one partner.



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

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.

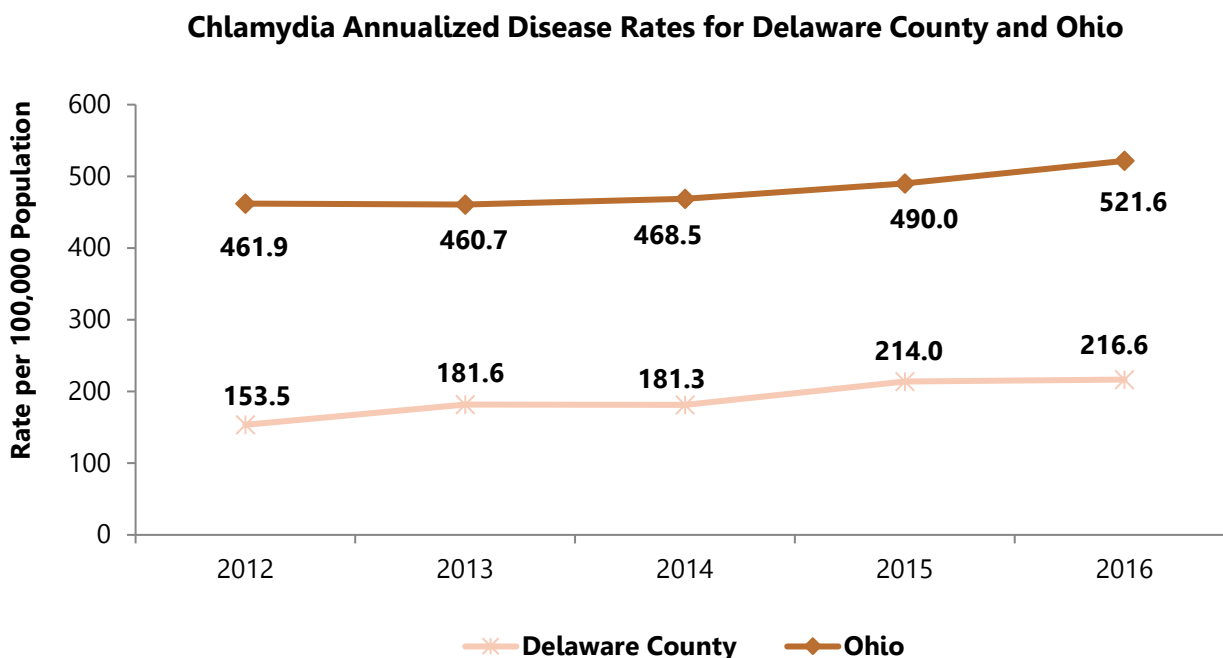
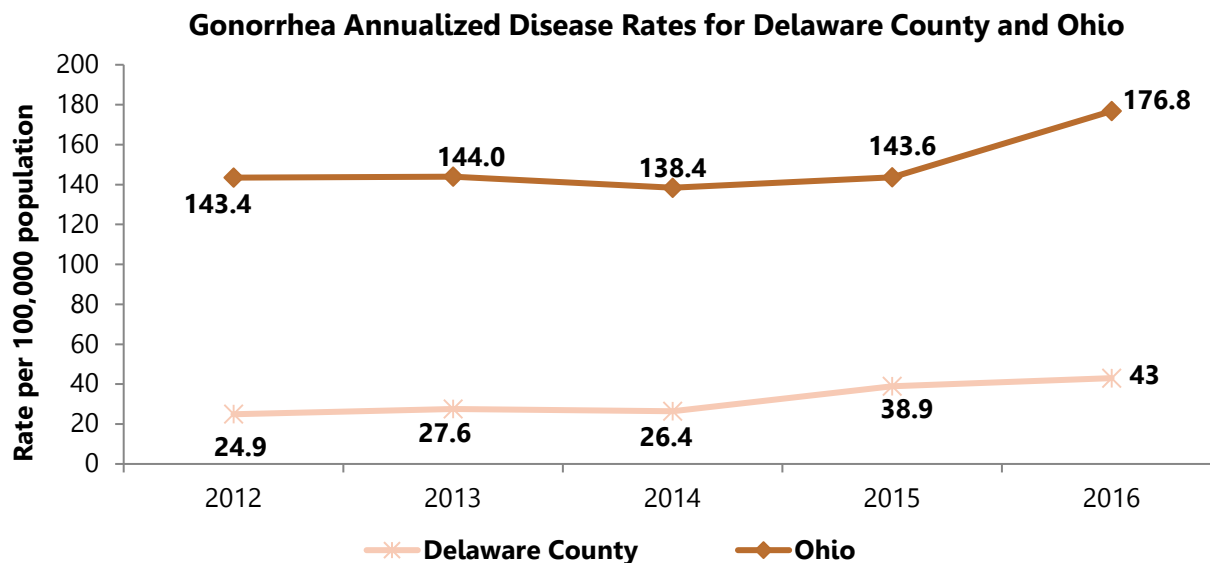
Understanding Sexual Violence

- Sexual violence refers to any sexual activity where consent is not obtained or freely given
- Anyone can experience or perpetrate sexual violence
 - Most victims of sexual violence are female
 - Perpetrators are usually someone known to the victim
- There are many types of sexual violence including unwanted touching, unwanted sexual penetration, sexual harassment, and threats
- Sexual violence is a significant problem in the U.S., even though many cases are not reported
 - 7.3% of high school students reported having been forced to have sex
 - An estimated 20-25% of college women in the U.S. were victims of attempted or completed rape during their college career
 - About 1 in 5 women and 1 in 59 men in the U.S. have been raped at some time in their lives
- Sexual violence can negatively impact health in many ways including chronic pain and STD's and is also linked to negative health behaviors including tobacco, drug, and alcohol abuse
- The goal is to stop sexual violence before it begins. Many activities are needed to accomplish this including:
 - Engaging middle and high school students in skill-building activities that address healthy sexuality
 - Helping parents identify and address violent attitudes and model healthy relationships
 - Engaging youth and adults as positive bystanders to speak up against sexism and violence
 - Create and enforce policies at work, school, and other places that address sexual harassment
 - Implement evidence-based prevention strategies in schools and communities

(Source: CDC, Sexual Violence, Updated 4/4/ 2017)

The following graph shows Delaware County gonorrhea and chlamydia disease rates per 100,000 population. The graph shows:

- The Delaware County gonorrhea rate increased from 2014 to 2016.
- Delaware County chlamydia rates gradually increased from 2012 to 2016.



(Source for graphs: Ohio Department of Health, STD Surveillance Program, Data Reported through 5/7/17)

Health Behaviors: Adult Mental Health

Key Findings

In 2017, 3% of Delaware County adults considered attempting suicide. Sixteen percent (16%) of Delaware County adults have used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

Adult Mental Health

- During the past 12 months, 8% Delaware County adults experienced feeling so sad or hopeless almost every day for two weeks or more in a row that stopped them from doing usual activities.
- Three percent (3%) of Delaware County adults seriously considered attempting suicide in the past year.
- Less than one percent (<1%) of adults reported attempting suicide in the past year.
- Delaware County adults would do the following if they knew someone who was suicidal: talk to them (72%), call a crisis line (HELP line) (55%), try to calm them down (46%), call 911 (41%), call a friend (26%), take them to the ER (23%), call their spiritual leader (16%), text a crisis line (7%), and nothing (2%).
- Delaware County adults reported they or a family member were diagnosed with, or treated for, the following mental health issues: depression (34%), anxiety or emotional problems (30%), an anxiety disorder (26%), attention deficit disorder (ADD/ADHD) (22%), alcohol and illicit drug abuse (16%), bipolar (10%), post-traumatic stress disorder (PTSD) (8%), autism spectrum (6%), other trauma (6%), developmental disability (5%), psychotic disorder (2%), life-adjustment disorder/issue (2%), and some other mental health disorder (4%). One-fourth (20%) of adults indicated they or a family member had taken medication for one or more mental health issues.
- Adults received the social and emotional support they needed from the following: family (82%), friends (68%), God/prayer (34%), church (22%), neighbors (10%), a professional (8%), community (5%), internet (3%), self-help group (1%), online support group (1%), and other (5%).
- Delaware County adults dealt with stress in the following ways: exercised (52%), talked to someone they trust (50%), ate more or less than normal (35%), listened to music (34%), prayer/meditation (31%), slept (29%), worked on a hobby (28%), drank alcohol (17%), worked (14%), took it out on others (11%), smoked tobacco (6%), used prescription drugs as prescribed (4%), called a professional (4%), self-harm (1%), misused prescription drugs (1%), used illegal drugs (1%), and other ways (10%).
- Sixteen percent (16%) of Delaware County adults had used a program or service to help with depression, anxiety, or other emotional problems 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: other priorities (6%), could not afford to go (5%), stigma of seeking mental health services (4%), co-pay/deductible was too high (4%), did not know how to find a program (3%), had not thought of it (3%), fear (1%), could not get to the office or clinic (1%), transportation (<1%), and other reasons (2%). Seventy percent (70%) indicated they did not need a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

Mental Health in the U.S.

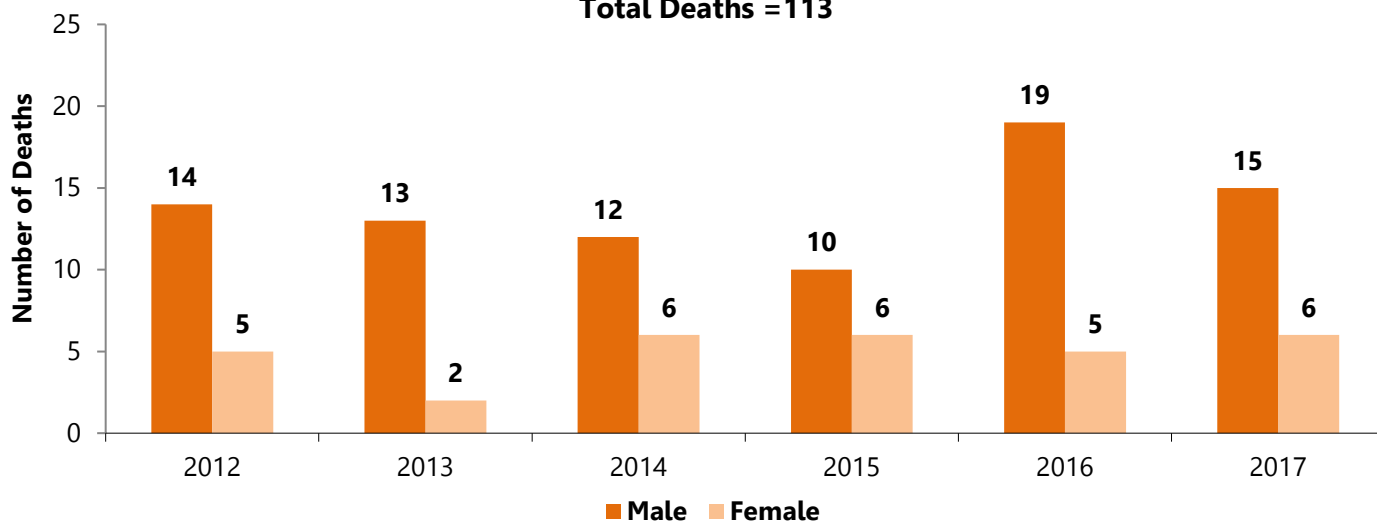
- In 2016, 3.6% of adults aged 18 and over experienced serious psychological distress in the past 30 days.
- There were 65.9 million visits to physicians' offices with mental disorders as the primary diagnosis in 2014.
- There were 5.0 million visits to emergency departments with mental disorders as the primary diagnosis in 2014.
- In 2014, there were 42,773 suicide deaths.

(Source: CDC, National Center for Health Statistics, Mental Health, Depression, Updated 5/3/2017)

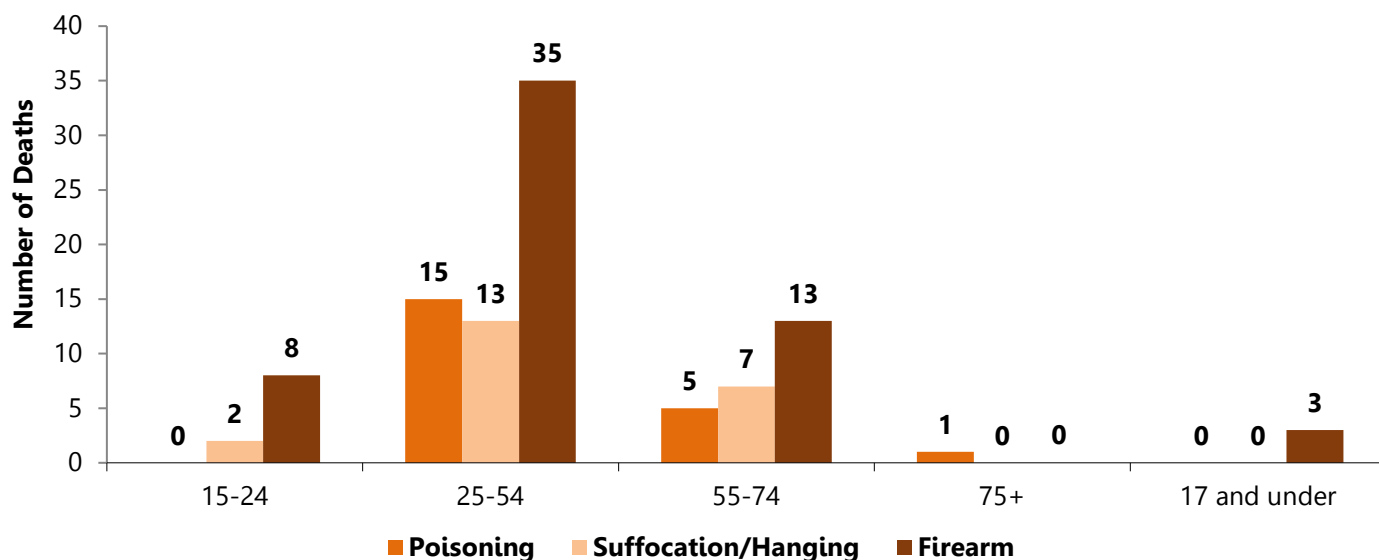
The graphs below indicate the number of suicide deaths by age group and suicide deaths by method and age in Delaware County. The graphs show:

- From 2012 to 2017, males made up 73% of total suicide deaths in Delaware County.
- From 2012 to 2017, firearms were the leading method of suicide in Delaware County.

**Delaware County Number of Suicide Deaths By Gender and Year
2012-2017***
Total Deaths = 113

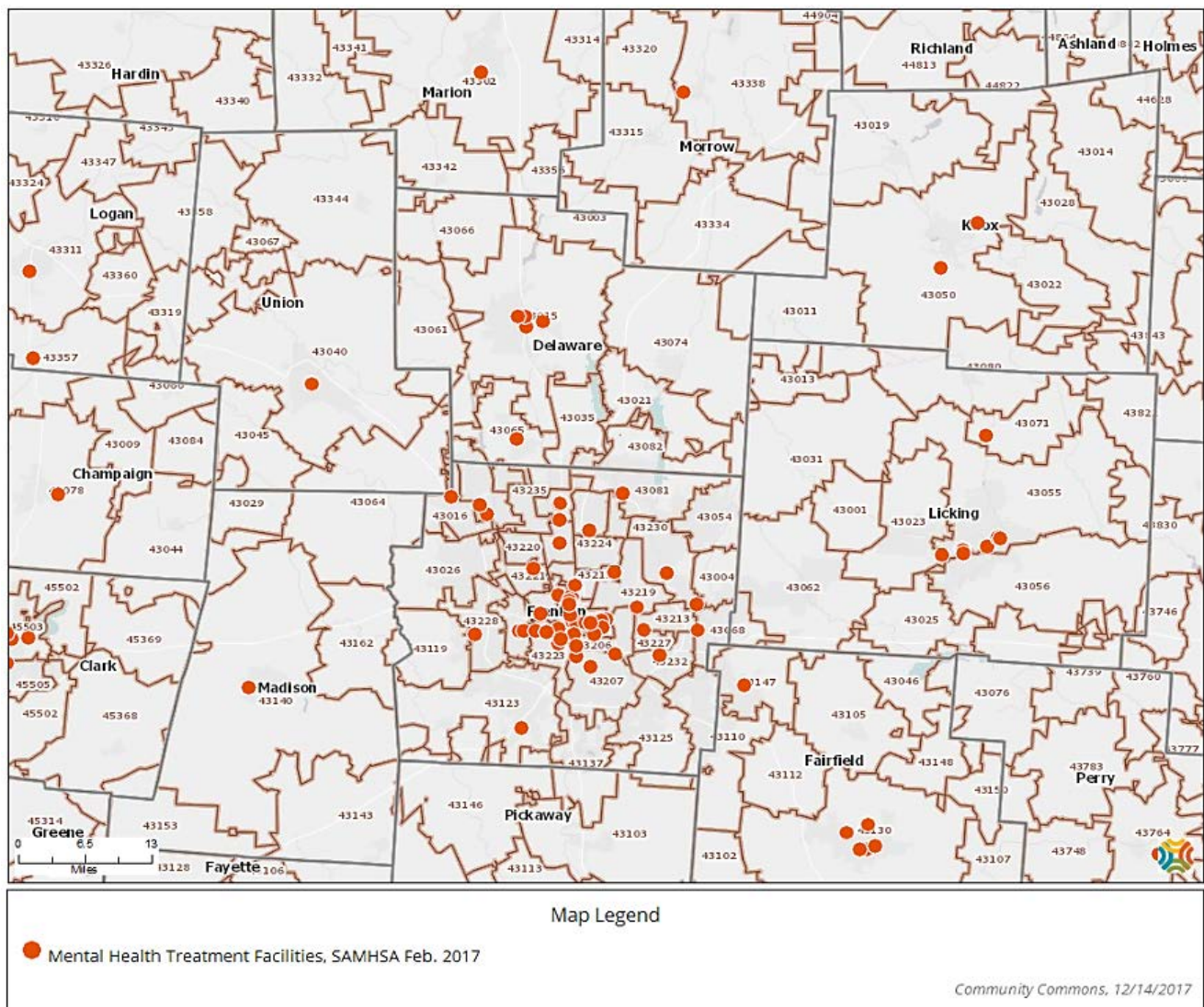


**Delaware County Number of Suicide Deaths By Leading Methods and Age Groups
2012-2017***



**Data for 2017 are considered partial and may be incomplete, and should be used with caution
(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, Updated 12/18/2017)*

Mental Health Treatment Facilities, February 2017



(Source: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA): February 2017, as compiled by Community Commons) Description of indicator: Dataset displays the locations of mental health facilities across the U.S. The dataset contains outpatient, residential, hospital inpatient, and partial hospitalization/day treatment facilities and programs. It includes facilities that provide services to youth, adults, and seniors for mental illness, serious emotional disturbance, Alzheimer's disease, dementia, post-traumatic stress disorder, and more.

Common Signs of Mental Illness in Adults

- Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.
- Each illness has its own symptoms, but common signs of mental illness in adults can include:
 - Excessive worrying or fear
 - Feeling excessively sad or low
 - Extreme mood changes
 - Avoiding friends and social activities
 - Changing in sleeping habits or feeling tired and low energy
 - Changes in eating habits such as increased hunger or lack of appetite
 - Abuse of substances like alcohol or drugs
 - Inability to carry out daily activities or handle daily problems and stress

(Source: National Alliance on Mental Illness, Know the Warning Signs, 2018)

Chronic Disease: Cardiovascular Health

Key Findings

The 2017 Delaware County health assessment found that 3% of adults had survived a heart attack at some time in their life. More than one-third (35%) of Delaware County adults had high blood cholesterol, 29% were obese, 29% had high blood pressure, and 10% were smokers, four known risk factors for heart disease and stroke. Heart disease (22%) and stroke (5%) accounted for 27% of all Delaware County adult deaths from 2014 to 2016 (Source: Ohio Public Health Data Warehouse 2014-2016).

Heart Disease and Stroke

- In 2017, 3% of Delaware County adults reported they had survived a heart attack or myocardial infarction, increasing to 7% of those over the age of 65.
- Five percent (5%) of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction in 2015 (Source: 2015 BRFSS).
- Two percent (2%) of adults reported they had angina or coronary heart disease, increasing to 7% of those over the age of 65.
- Five percent (5%) of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2016 (Source: 2016 BRFSS).
- One percent (1%) of adults reported they had congestive heart failure, increasing to 7% of those over the age of 65.
- Two percent (2%) of Delaware County adults reported they had survived a stroke, increasing to 6% of those over the age of 65. Four percent (4%) of Ohio and 3% of U.S. adults reported having had a stroke in 2016 (Source: 2016 BRFSS).

High Blood Pressure (Hypertension)

- Twenty-nine percent (29%) of adults had been diagnosed with high blood pressure by a doctor, nurse, or other health professional. The 2015 BRFSS reports hypertension prevalence rates of 34% for Ohio and 31% for the U.S.
- Twelve percent (12%) of adults were told they were pre-hypertensive/borderline high.
- Eighty-nine percent (89%) of adults had their blood pressure checked within the past year.
- Delaware County adults diagnosed with high blood pressure were more likely to have:
 - Been ages 65 years or older (64%)
 - Incomes less than \$50,000 (50%)
 - Been classified as obese by Body Mass Index-BMI (39%)
 - Been male (35%)

Delaware County Leading Causes of Death 2014-2016

Total Deaths: 3,243

- Cancer (24% of all deaths)
- Heart Disease (22%)
- Chronic Lower Respiratory Diseases (6%)
- Accidents, Unintentional Injuries (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2014-2016)

Ohio Leading Causes of Death 2014-2016

Total Deaths: 352,105

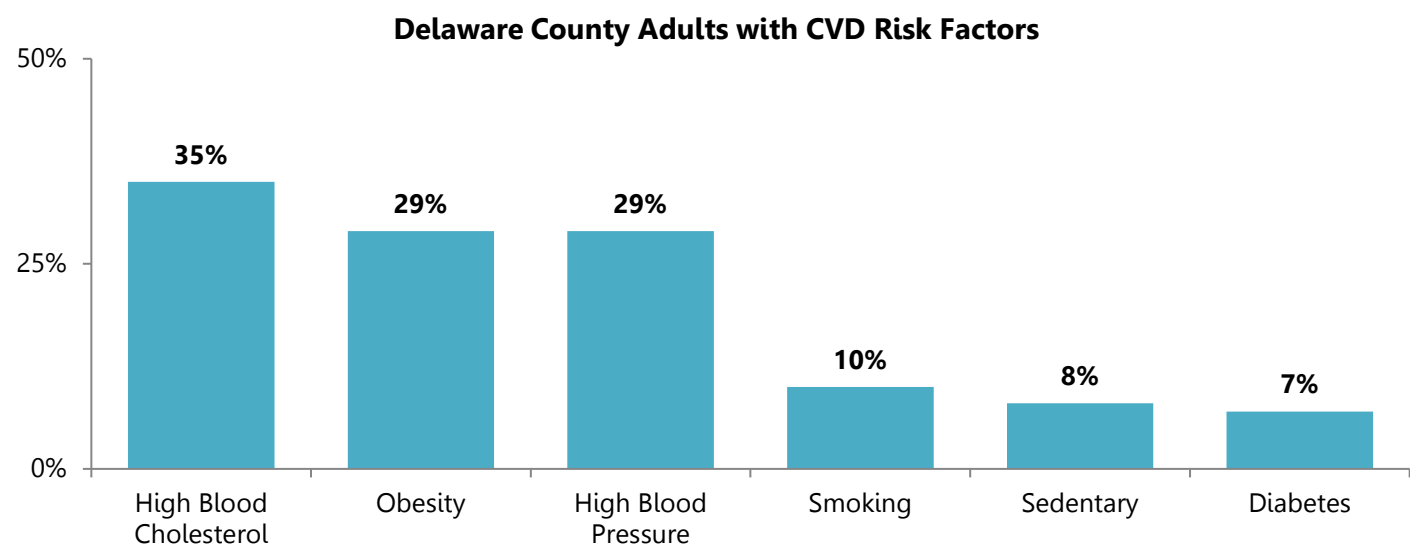
- Heart Disease (23% of all deaths)
- Cancers (22%)
- Chronic Lower Respiratory Diseases (6%)
- Accidents, Unintentional Injuries (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2014-2016)

High Blood Cholesterol

- More than one-third (35%) of adults had been diagnosed with high blood cholesterol by a doctor, nurse, or other health professional. The 2015 BRFSS reported that 37% of Ohio and 36% of U.S. adults have been told they have high blood cholesterol.
- Ninety-two percent (92%) of adults had their blood cholesterol checked within the past 5 years. The 2015 BRFSS reported 78% of Ohio and U.S. adults had their blood cholesterol checked within the past 5 years.
- Delaware County adults with high blood cholesterol were more likely to have:
 - Been ages 65 years or older (58%)
 - Been classified as obese by Body Mass Index-BMI (42%)
 - Rated their overall health as fair or poor (11%)

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



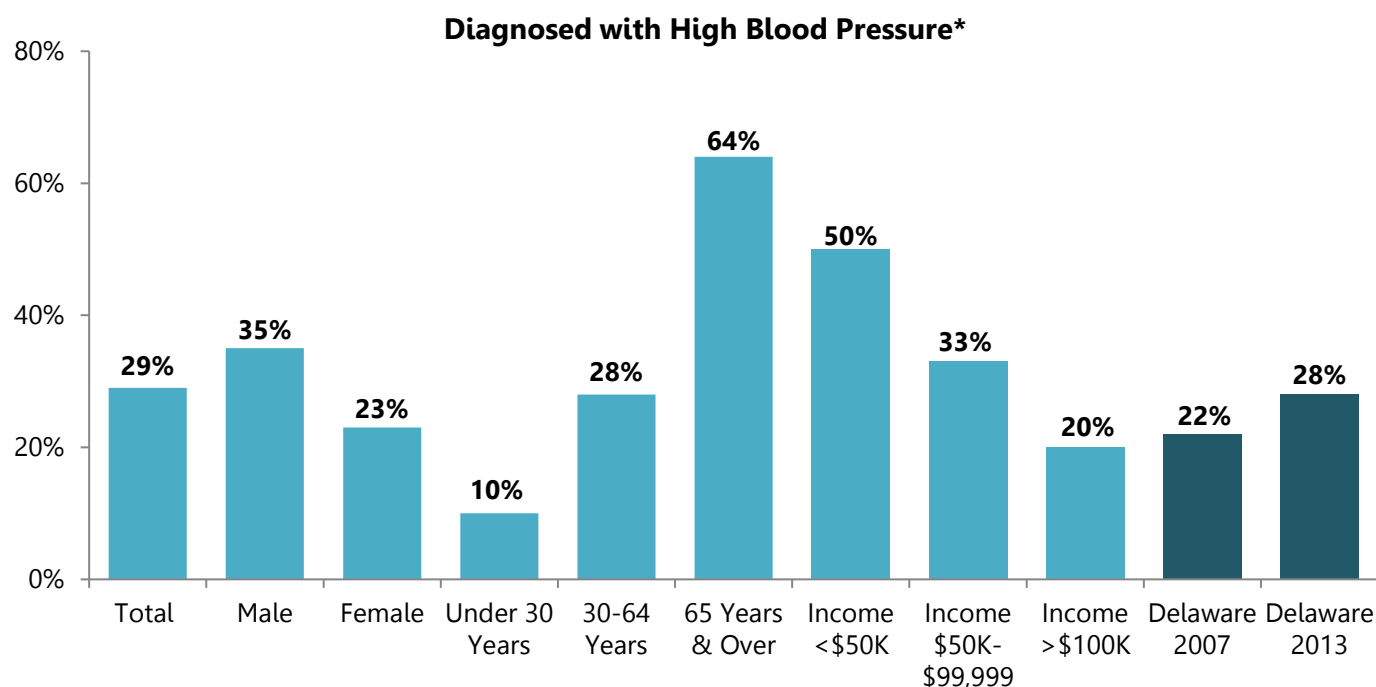
(Source: 2017 Delaware County Health Assessment)

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had angina	3%	3%	2%	5%	4%
Had a heart attack	2%	3%	3%	5%	4%
Had a stroke	1%	3%	2%	4%	3%
Had high blood pressure	22%	28%	29%	34%*	31%*
Had high blood cholesterol	28%	29%	35%	37%*	36%*
Had blood cholesterol checked within past 5 years	N/A	N/A	92%	78%*	78%*

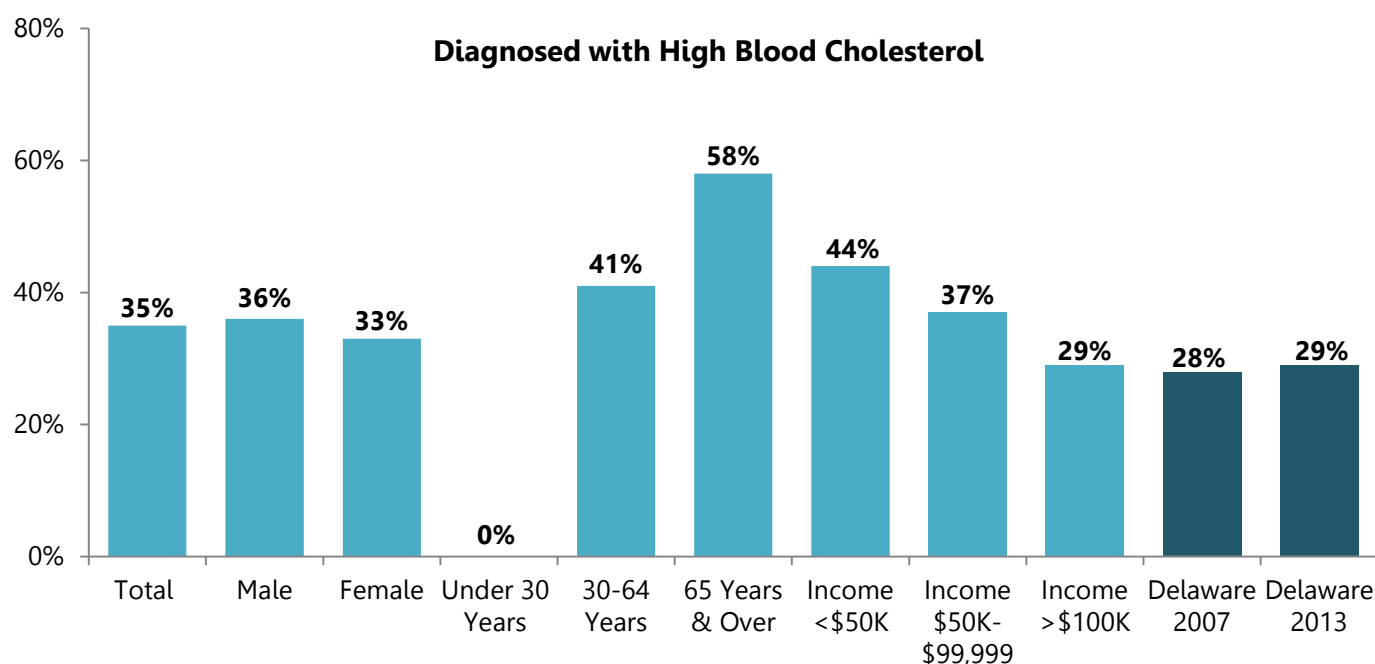
N/A – Not Available

*2015 BRFSS data

The following graphs show the percent of Delaware County adults who had been diagnosed by a doctor, nurse or other health professional with high blood pressure and high blood cholesterol. Examples of how to interpret the information on the first graph include: 29% of all Delaware County adults had been diagnosed with high blood pressure, increasing to 35% of all Delaware County males and 64% of those 65 years and older.



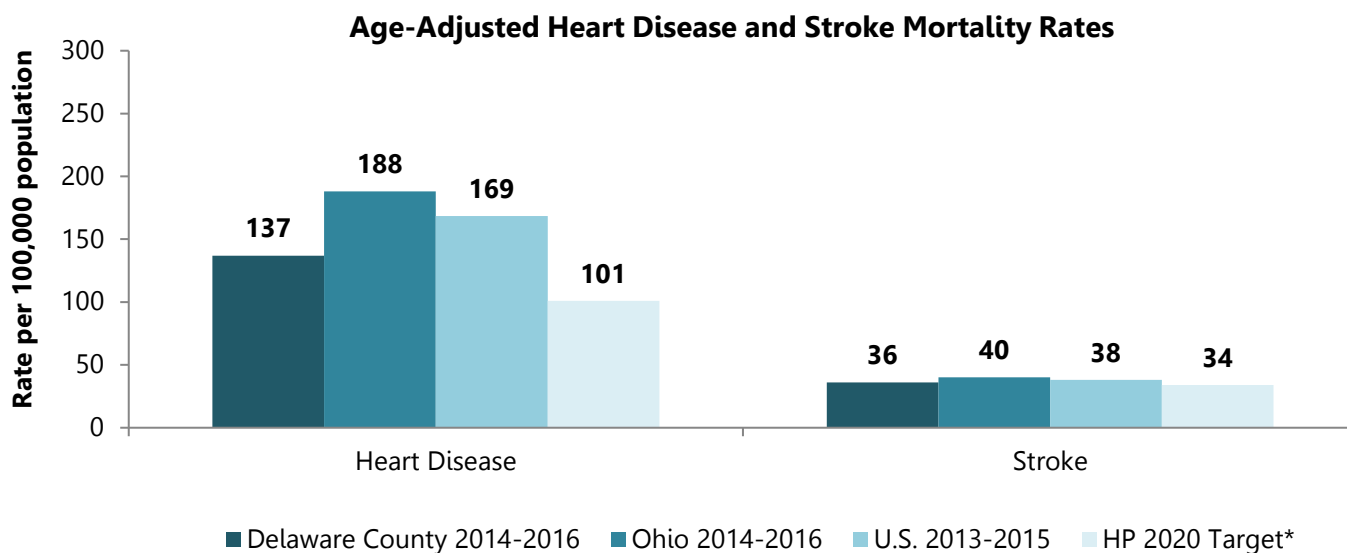
**Does not include respondents who indicated high blood pressure during pregnancy only.*



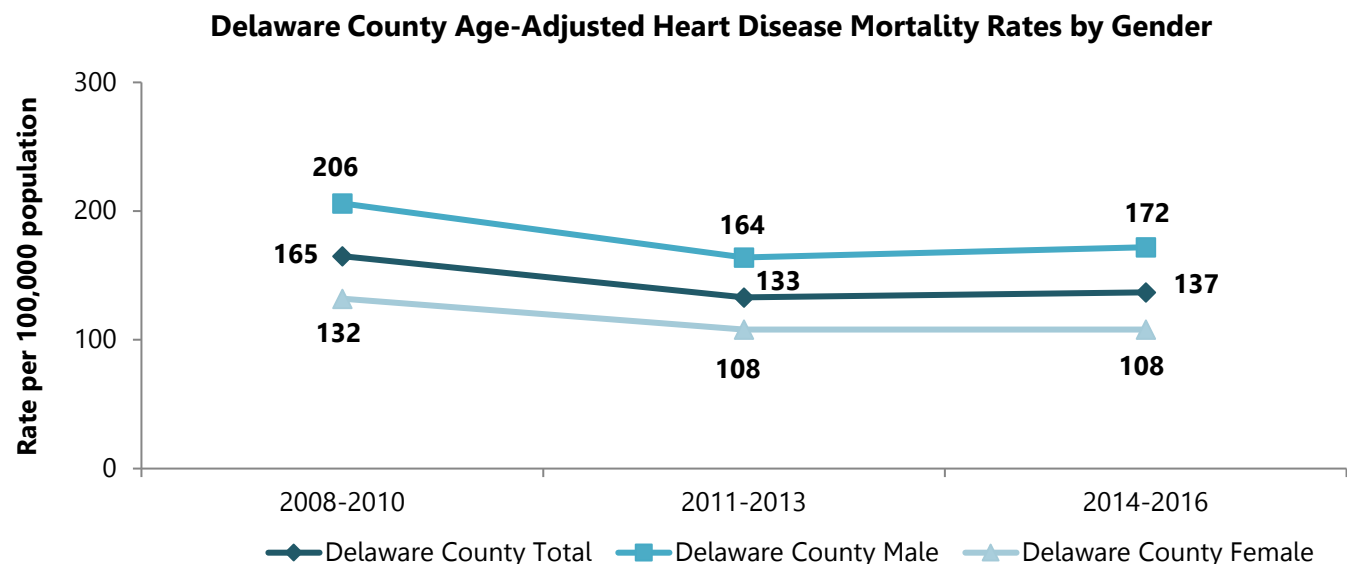
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

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

- When age differences are accounted for, the statistics indicate that from 2014 to 2016, the Delaware County heart disease mortality rate was lower than the state and the U.S. rate but higher than the Healthy People 2020 target.
- The Delaware County age-adjusted stroke mortality rate from 2014 to 2016 was lower than the state and the U.S. figure but higher than the Healthy People 2020 target objective.
- From 2008 to 2016, the total Delaware County female age-adjusted heart disease mortality rate decreased and stabilized.



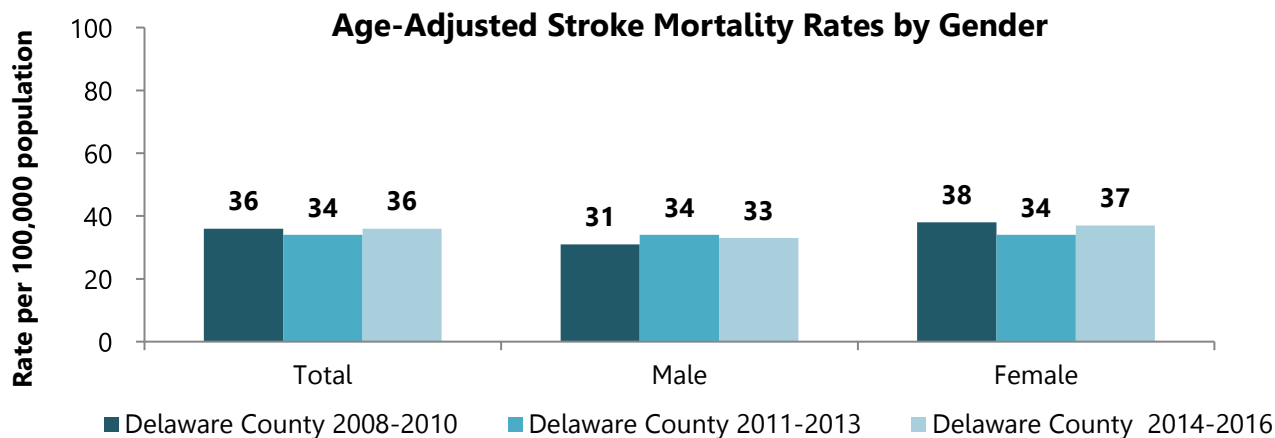
*Note: The Healthy People 2020 Target objective for coronary heart disease is reported for heart attack mortality.
(Source: Ohio Public Health Data Warehouse, 2014-2016, CDC Wonder 2013-2015, Healthy People 2020)*



(Source: Ohio Public Health Data Warehouse, 2008-2016)

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

- From 2014 to 2016, the Delaware County stroke mortality rate was higher for females than for males.
- From 2008 to 2016, the total Delaware County stroke mortality rate has stayed about the same.



(Source: CDC Wonder, Underlying Causes of Death, 2008- 2016)

Healthy People 2020 Objectives Heart Disease and Stroke

Objective	Delaware Survey Population Baseline	2015 U.S. Baseline	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	29% (2017)	31% Adults age 18 and up	27%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	35% (2017)	36% Adults age 20+ with TBC>240 mg/dl	14%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	92% (2017)	75% Adults age 18 & up	82%

*Note: All U.S. figures age-adjusted to 2000 population standard. (Source: Healthy People 2020, 2015 BRFSS, 2017 Delaware County Health Assessment)

Heart Disease in Ohio

- Heart disease is the leading cause of death for men and women. Key risk factors include high blood pressure, high cholesterol and smoking. Other risk factors include diabetes, overweight and obesity, poor diet, physical inactivity and excessive alcohol use.
- In 2015, 7% of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had a heart attack, angina or coronary heart disease.
- The prevalence of heart disease is higher among males, those with lower incomes, adults ages 45 and older, and those without a college degree.

(Source: Ohio Department of Health, Ohio 2015 BRFSS Annual Report, 2017)

Chronic Disease: Cancer

Key Findings

In 2017, 11% of Delaware County adults had been diagnosed with cancer at some time in their life. The Ohio Department of Health indicates that from 2014-2016, a total of 781 Delaware County residents died from cancer, the leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

Delaware County Incidence of Cancer, 2010-2014

All Types: 4,010 cases

- Breast: 649 cases (16%)
- Prostate: 546 cases (14%)
- Lung and Bronchus: 474 cases (12%)
- Colon and Rectum: 316 cases (8%)

From 2014-2016, there were 781 cancer deaths in Delaware County.

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 10/23/2017)

Adult Cancer

- Eleven percent (11%) of Delaware County adults were diagnosed with cancer at some point in their lives, increasing to 35% of those over the age of 65.
- Of those diagnosed with cancer, they reported the following types: breast (38%), prostate (33%), testicular (22%), other skin cancer (21%), melanoma (12%), cervical (10%), endometrial (5%), thyroid (2%), rectal (2%), lung (2%), renal (2%), and other types of cancer (5%).

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

Cancer Facts

- The Ohio Department of Health indicates that from 2014-2016, cancers caused 24% (781 of 3,243 total deaths) of all Delaware County resident deaths. The largest percent (25%) of cancer deaths were from lung and bronchus cancers *(Source: Ohio Public Health Data Warehouse, 2014-2016)*.
- The health assessment has determined that 10% of Delaware County adults were current smokers, and many more were exposed to environmental tobacco smoke, a cause of heart attacks and cancer. The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses; larynx (voice box); pharynx (throat); and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung; colon and rectum; stomach; pancreas; kidney; bladder; uterine cervix; ovary (mucinous) and acute myeloid leukemia *(Source: American Cancer Society, Facts & Figures 2017)*.
- The American Cancer Society states that about 600,920 Americans are expected to die of cancer in 2017. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease. Nearly 1 of every 4 deaths is associated with cancer *(Source: American Cancer Society, Facts & Figures 2017)*.

Lung Cancer

- In Delaware County, 10% of male adults were current smokers, and 43% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- Approximately 9% of female adults in the county were current smokers, and 60% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- The Ohio Department of Health (ODH) reports that lung and bronchus cancers (n=116) was the leading cause of male cancer deaths from 2014-2016 in Delaware County. Cancer of the pancreas (n=35) and prostate cancer (n=36) caused 71 male deaths during the same time *(Source: Ohio Public Health Data Warehouse, 2014-2016)*.

- ODH reports that lung and bronchus cancer was the leading cause of female cancer deaths (n=78) in Delaware County from 2014-2016, followed by breast (n=75) and colon and rectum (n=35) cancers. *(Source: Ohio Public Health Data Warehouse, 2014-2016).*
- According to the American Cancer Society, smoking causes 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 2017).*

Breast Cancer

- In 2017, 72% of Delaware County females reported having had a clinical breast examination in the past year.
- Sixty-two percent (62%) of Delaware County females over the age of 40 had a mammogram in the past year.
- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% *(Source: American Cancer Society, Facts & Figures 2014-2016).*
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommended that those 40 to 44 years of age have the choice of annual mammography; those 45 to 54 have annual mammography; and those 55 years of age and older have biennial or annual mammography, continuing as long as their overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual screening using magnetic resonance imaging (MRI) in addition to mammography is recommended, typically starting at age 30 *(Source: American Cancer Society, Facts & Figures 2017).*

Prostate Cancer

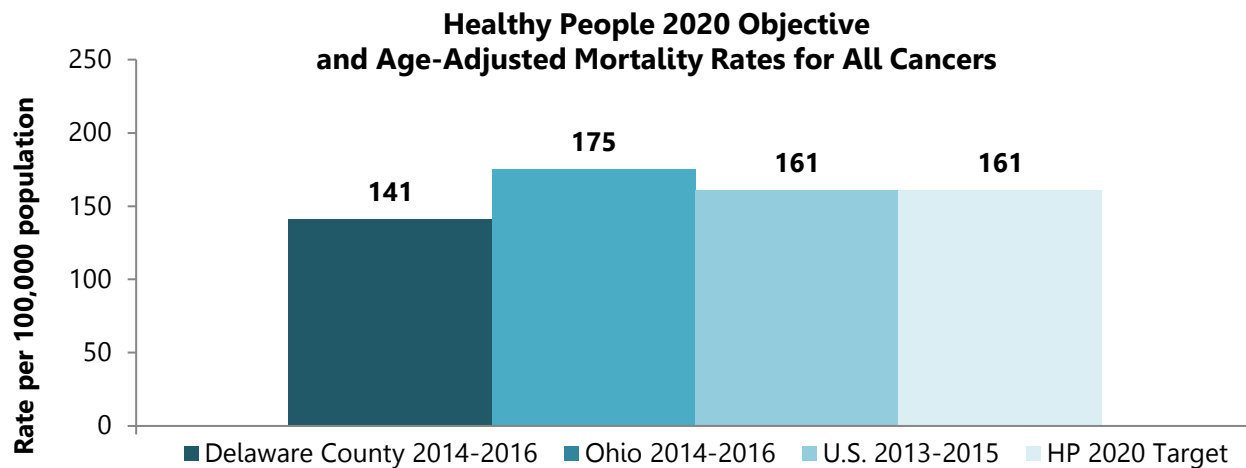
- More than half (52%) of Delaware County males had a Prostate-Specific Antigen (PSA) test at some time in their lives, and 32% had one in the past year.
- ODH statistics indicate that prostate cancer deaths accounted for 9% of all male cancer deaths from 2014-2016 in Delaware County *(Source: Ohio Public Health Data Warehouse, 2017).*
- Incidence rates for prostate cancer are 74% higher in African Americans than in whites, and they are twice as likely to die of prostate cancer. Other risk factors include strong familial predisposition and increasing age. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world *(Source: American Cancer Society, Facts & Figures 2017).*

Colon and Rectum Cancers

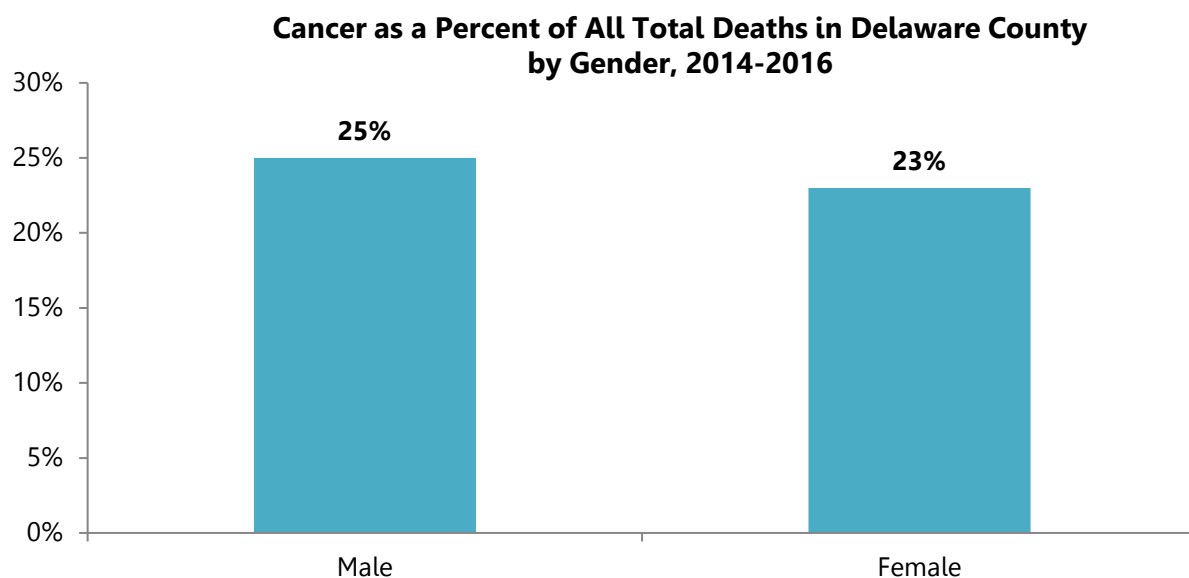
- The Ohio Department of Health statistics indicate that colon, rectum, and anal cancer deaths accounted for 9% of all male and female cancer deaths from 2014 to 2016 in Delaware County *(Source: Ohio Public Health Data Warehouse, 2014-2016).*
- The American Cancer Society reports several risk factors for colorectal cancer, including age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; and long-term smoking. Very low intake of fruits and vegetables is also potentially a risk factor for colorectal cancer *(Source: American Cancer Society, Facts & Figures 2017).*
- In the U.S., 90% of colon cancers occur in individuals over the age of 50. Therefore, the American Cancer Society suggests every person over the age of 50 have regular colon cancer screenings *(Source: American Cancer Society, Facts & Figures 2017).*

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

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



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



(Source: Ohio Public Health Data Warehouse, 2014-2016)

Delaware County Incidence of Cancer 2010-2014

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer
Breast	649	16%
Prostate	546	14%
Lung and Bronchus	474	12%
Colon and Rectum	316	8%
Other/Unspecified	292	7%
Melanoma of Skin	253	6%
Thyroid	176	4%
Kidney and Renal Pelvis	160	4%
Non-Hodgkins Lymphoma	156	4%
Bladder	155	4%
Cancer of Corpus Uteri	149	4%
Pancreas	101	3%
Leukemia	101	3%
Oral Cavity & Pharynx	84	2%
Brain and CNS	64	2%
Stomach	55	1%
Ovary	53	1%
Multiple Myeloma	52	1%
Liver and Bile Ducts	49	1%
Esophagus	33	1%
Cancer of Cervix Uteri	30	<1%
Hodgkins Lymphoma	24	<1%
Testis	22	<1%
Larynx	16	<1%
Total	4,010	100%

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 4/19/2017)

2018 Cancer Estimates

- In 2018, about 1.7 million new cancer cases are expected to be diagnosed.
- According to the American Cancer Society, at least 42% of newly diagnosed cancers in the US- about 729,000 cases in 2018- are potentially avoidable, including 19% that are caused by smoking and 18% that are caused by a combination of excess body weight, physical inactivity, excess alcohol consumption, and poor nutrition.
- About 609,640 Americans are expected to die of cancer in 2018.
- In 2017, estimates predict that there will be 68,470 new cases of cancer and 25,740 cancer deaths in Ohio.
- Of the new cancer cases, approximately 10,760 (16%) will be from lung and bronchus cancers and 5,550 (8%) will be from colon and rectum cancers.
- About 10,610 new cases of female breast cancer are expected in Ohio.
- New cases of prostate cancer in Ohio are expected to be 5,810 (8%).

(Source: American Cancer Society, Cancer Facts and Figures, 2018)

Chronic Disease: Arthritis

Key Findings

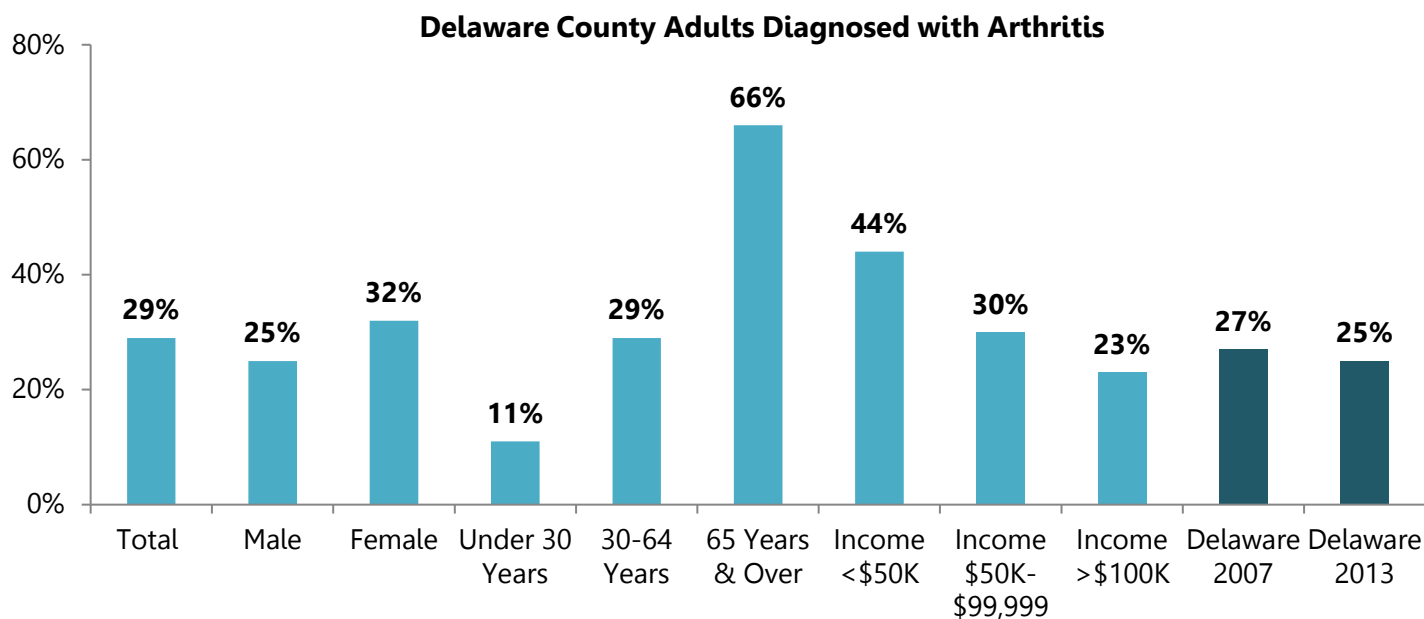
More than one-fourth (29%) of Delaware County adults were diagnosed with arthritis. According to the 2016 BRFSS, 31% of Ohio adults and 26% of U.S. adults were told they had arthritis.

Arthritis

- Twenty-nine percent (29%) of Delaware County adults were told by a doctor, nurse, or other health professional that they had some form of arthritis, increasing to 66% of those over the age of 65.
- Three-fifths (60%) of adults diagnosed with some form of arthritis were overweight or obese.
- Adults were told by a doctor, nurse, or other health professional that they had the following conditions: gout (4%), rheumatoid arthritis (3%), fibromyalgia (3%), and lupus (2%).
- An estimated 54 million U.S. adults (approximately 23%) report having doctor-diagnosed arthritis. By 2040, over 78 million people will have arthritis. Arthritis is more common among women (24%) than men (18%), and it affects all racial and ethnic groups. Arthritis commonly occurs with other chronic diseases, like diabetes, heart disease, and obesity, and can make it harder for people to manage these conditions
(Source: CDC, *Arthritis at a Glance*, Updated March 2017).
- Adults are at higher risk of developing arthritis if they are female, have genes associated with certain types of arthritis, have occupations associated with arthritis, are overweight or obese, and/or have joint injuries or infections (Source: CDC, *Arthritis at a Glance*, Updated March 2017).

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had been diagnosed with arthritis	27%	25%	29%	31%	26%

The following graph shows the number of Delaware County adults who had been diagnosed with arthritis. Examples of how to interpret the information on the first graph include: 29% of all Delaware County adults had been diagnosed with arthritis, including 66% of those ages 65 years and older and 44% of those with incomes less than \$50,000.



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.

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

(Source: CDC, Arthritis: Key Public Health Messages, Updated July 2017)

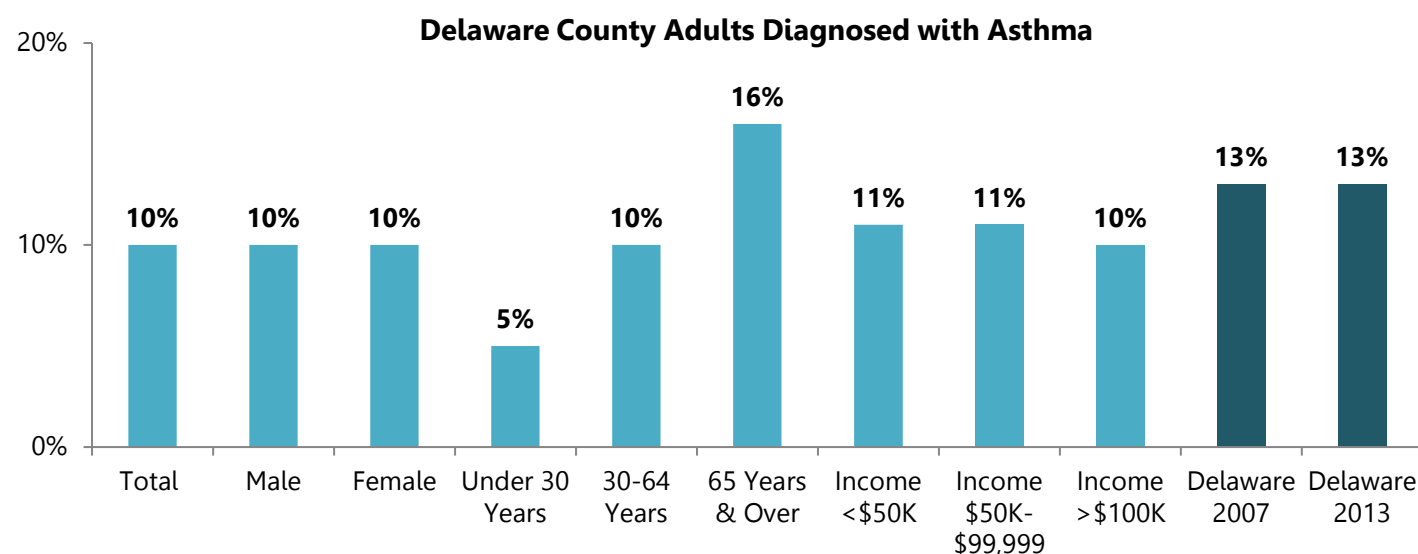
Chronic Disease: Asthma

Key Findings

According to the 2017 health assessment, 10% of Delaware County adults had been diagnosed with asthma.

Asthma and Other Respiratory Disease

- In 2017, 10% of Delaware County adults had been diagnosed with asthma.
- Fourteen percent (14%) of Ohio and 14% of U.S. adults had been diagnosed with asthma (*Source: 2016 BRFSS*).
- Four percent (4%) of adults had been diagnosed with a chronic lung disease (including COPD or emphysema), increasing to 10% of those with incomes less than \$50,000 and 12% of those over the age of 65.
- There are several important factors that may trigger an asthma attack. Some of these triggers are tobacco smoke; dust mites; outdoor air pollution; cockroach allergens; pets; mold; smoke from burning wood or grass; and infections linked to the flu, colds, and respiratory viruses (*Source: CDC, Asthma, Updated January 2017*).
- From 2014 to 2016, chronic lower respiratory disease was the 3rd leading cause of death in Delaware County and the 3rd leading cause of death in Ohio in 2015 (*Source: Ohio Public Health Data Warehouse, 2014-2016*).

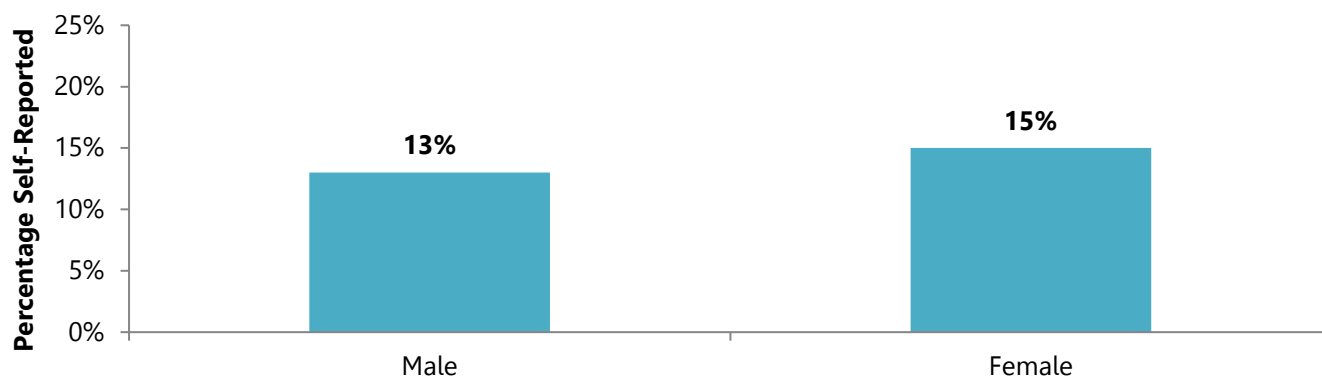


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

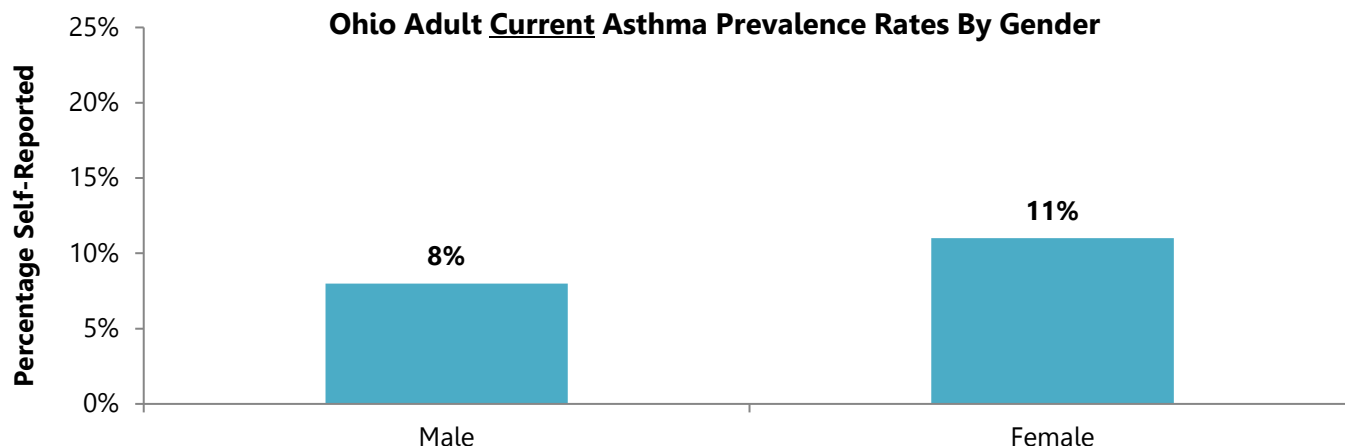
Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had been diagnosed with asthma	13%	13%	10%	14%	14%

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

Ohio Adult Lifetime Asthma Prevalence Rates By Gender



Ohio Adult Current Asthma Prevalence Rates By Gender



(Source for graphs: 2016 BFRSS)

Asthma Facts

- The number of Americans with asthma grows every year. Currently, 26 million Americans have asthma. Of the 26 million, 18.9 million are adults.
- Almost 3,600 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 14.2 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, 2016)

Chronic Disease: Diabetes

Key Findings

In 2017, 7% of Delaware County adults had been diagnosed with diabetes.

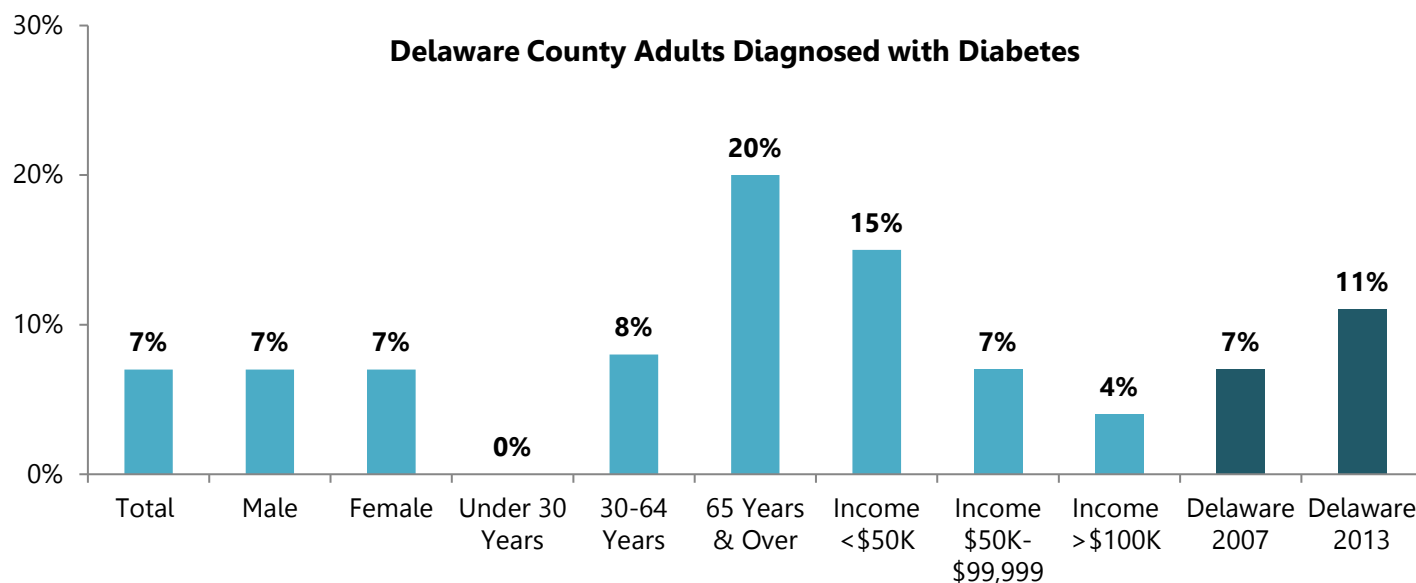
Diabetes

- The health assessment identified that 7% of Delaware County adults had been diagnosed with diabetes, increasing to 20% of those over the age of 65. The 2016 BRFSS reports a prevalence of 11% for Ohio and the U.S.
- Six percent (6%) of adults had been diagnosed with pre-diabetes or borderline diabetes.
- A test for "A1C" measures the average level of blood sugar over the past three months. Six percent (6%) of Delaware County adults reported getting their A1C checked three or more times in the past year. Six percent (6%) said two times, 33% said one time, 46% said none and 9% said they did not know if they had gotten their A1C checked within the past year.
- Delaware County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 96% were obese or overweight
 - 71% had been diagnosed with high blood pressure
 - 66% had been diagnosed with high blood cholesterol

Diabetes by the Numbers

- 30 million** US adults have diabetes, and 1 in 4 of them don't know they have it.
- Diabetes is the **seventh leading cause** of death in the US.
- Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and adult-onset blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has more than **tripled** as the American population has aged and become more overweight or obese.

(Source: CDC, Diabetes by the Numbers, Updated: July 24, 2017)



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.

Adult Comparisons	Delaware County 2007	Delaware County 2013	Delaware County 2017	Ohio 2016	U.S. 2016
Had been diagnosed with diabetes	7%	11%	7%	11%	11%

Chronic Disease: Quality of Life

Key Findings

In 2017, 36% of Delaware County adults were limited in some way because of a physical, mental or emotional problem. Back or neck problems (44%) were reported as the most limiting problem by Delaware County adults.

Impairments and Health Problems

- As a result of someone in the household having confusion or memory loss, adults reported someone in their household needing the most assistance in the following areas: safety (12%), household activities (10%), transportation (5%), personal care (3%), assistance in another area (3%), and don't know (10%).
- Thirty-six percent (36%) of adults indicate they were limited in some way. Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (44%); arthritis/rheumatism (31%); stress, depression, anxiety, or emotional problems (24%); chronic pain (22%); sleep problems (21%); fitness level (20%); chronic illness (17%); walking problems (15%); other impairments/problems (13%); eye/vision problems (11%); fractures, bone/joint injuries (11%); lung/breathing problems (10%); hearing problems (8%); mental health illness/disorder (6%); learning disability (5%); dental problems (2%); and substance dependency (1%).
- In the past year, adults reported needing the following services or equipment: eyeglasses or vision services (28%), pain management (7%), help with routine needs (5%), medical supplies (4%), a walker (3%), a cane (3%), hearing aids or hearing care (3%), help with personal care needs (2%), oxygen or respiratory support (1%), a wheelchair (1%), a personal emergency response system (1%), mobility aids or devices (1%), a special bed (1%), and durable medical equipment (<1%).

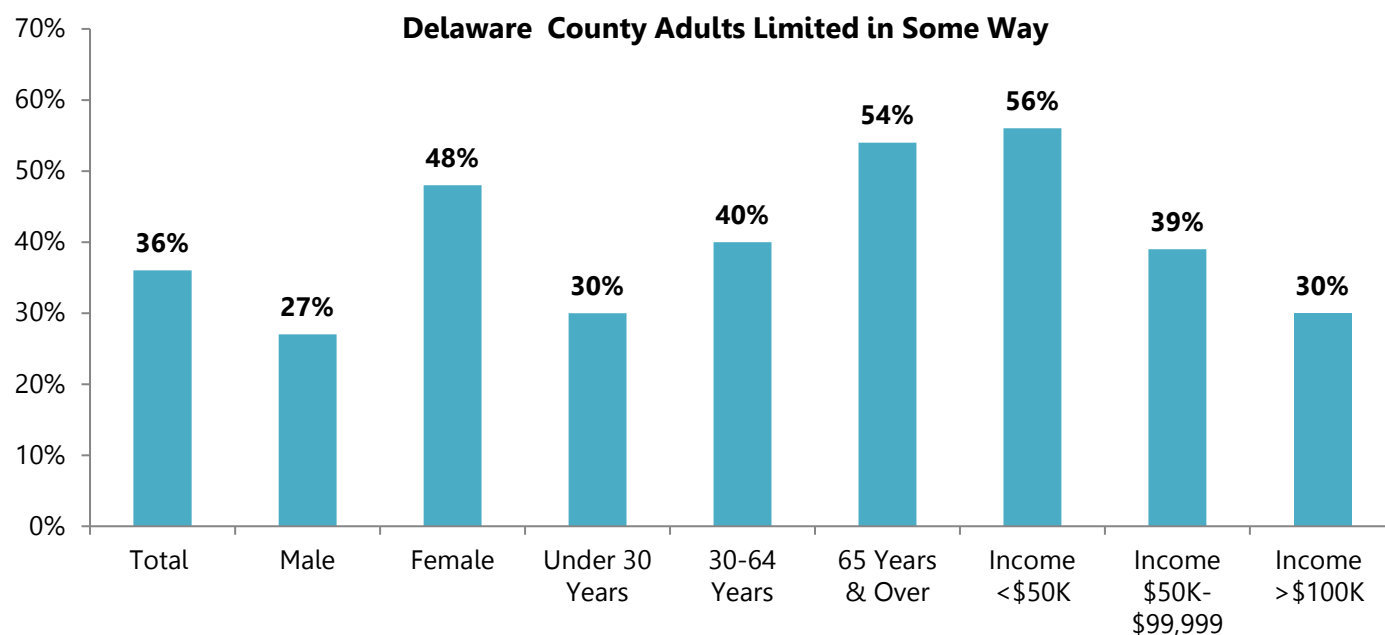
Healthy People 2020

Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

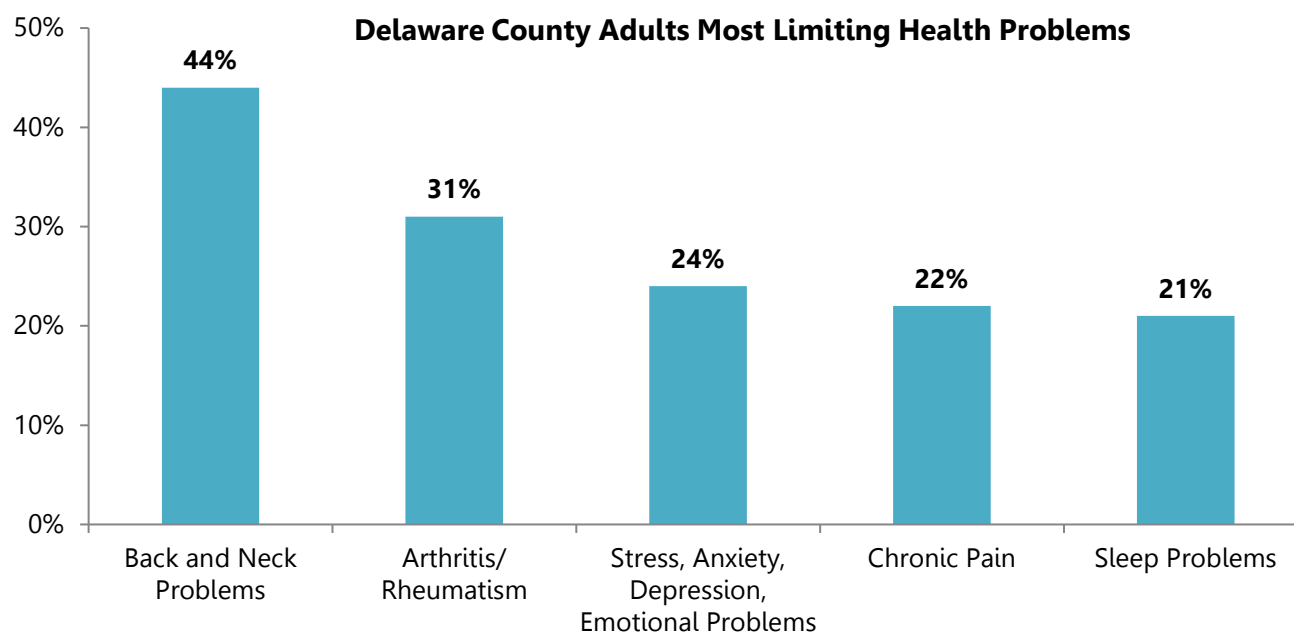
Objective	Delaware County 2017	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms.	31%	36%

*Note: U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2017 Delaware County Health Assessment)*

The following graphs show the percentage of Delaware County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph include: 36% of Delaware County adults were limited in some way, including 27% of males and 56% of those with incomes less than \$50,000.



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.



Social Conditions: Social Determinants of Health

Key Findings

In 2017, 2% of Delaware County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). In the past year, 5% of Delaware County adults had to choose between paying bills and buying food. Seven percent (7%) of adults experienced four or more Adverse Childhood Experiences (ACEs). Thirty-eight percent (38%) of Delaware County adults kept a firearm in or around their home.

Healthy People 2020

- Healthy People 2020 developed five key social determinants as a “place-based” organizing framework. These five determinants include:
 - Economic stability
 - Education
 - Social and community context
 - Health and health care
 - Neighborhood and built environment



Economic Stability

- Adults reported the following percent of their household income goes to their housing:
 - Less than 30% (57%)
 - 30-50% (27%)
 - 50% or higher (9%)
 - Don't know (8%)
- Adults indicated that they or a loved one received assistance for the following in the past year: prescription assistance (8%), healthcare (7%), dental care (7%), utilities (5%), home repair (5%), mental illness issues (5%), Medicare (5%), food (4%), rent/mortgage (4%), free tax preparation (3%), transportation (3%), legal aid services (2%), employment (2%), credit counseling (2%), affordable childcare (1%), drug or alcohol addiction (1%), clothing (1%), and diapers (<1%).
- In the past 30 days, 7% of Delaware County adults reported needing help meeting general daily needs such as food, clothing, shelter or paying utility bills.

Social Determinants of Health

- Social determinants of health (SDOH) are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
- Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) have been referred to as “place.” In addition to the more material attributes of “place,” the patterns of social engagement and sense of security and well-being are also affected by where people live.
- Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-threatening toxins.
- Understanding the relationship between how population groups experience “place” and the impact of “place” on health is fundamental to the social determinants of health—including both social and physical determinants.

(Source: HealthyPeople2020, Updated 5/19/17)

- Adults experienced the following food insecurity issues during the past 12 months: had to choose between paying bills and buying food (5%), worried food would run out (3%), went hungry/ate less to provide more food for their family (3%), were hungry but did not eat because they did not have money for food (2%), loss of income led to food insecurity issues (2%), and food assistance was cut (<1%).
- Four percent (4%) of adults experienced more than one food insecurity issue. Of those with 3 or more people in their household, 3% experienced more than one food insecurity issue.
- No adult reported engaging in a form of sexual activity or forced labor in exchange for something of value such as food, drugs, shelter or money.
- The median household income in Delaware County was \$94,234. The U.S. Census Bureau reports median income levels of \$50,674 for Ohio and \$55,322 for the U.S. *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*
- Five percent (5%) of all Delaware County residents were living in poverty, and 5% of children and youth ages 0-17 were living in poverty *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*
- The unemployment rate for Delaware County was 2.7% *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*
- There were 69,557 housing units. The owner-occupied housing unit rate was 81.2%. Rent in Delaware County cost an average of \$969 per month *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*

Education

- Ninety-seven percent (97%) of Delaware County adults 25 years and older had a high school diploma or higher level or degree *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*
- Fifty-two percent (52%) of Delaware County adults 25 years and older had at least a bachelor's degree *(Source: U.S. Census Bureau, 2012-2016 5-year estimates).*

Social and Community Context

- Five percent (5%) of adults had transportation issues. They reported the following: limited public transportation available or accessible (50%), did not feel safe to drive (28%), disabled (28%), no public transportation available or accessible (22%), no car (17%), other car issues/expenses (11%), suspended/no driver's license (6%), and no car insurance (6%).
- Twenty-two percent (22%) of Delaware County adults reported attending a religious service one to three times per month, and 23% reported attending four or more times per month. More than half (54%) of adults reported they did not attend a religious service in the past month. Two percent (2%) of adults did not know how many times they attended a religious service.
- Two percent (2%) of Delaware County adults were abused in the past year. They were abused by the following: a spouse or partner (50%), someone outside their home (17%), a child (17%), and someone else (33%).
- Delaware County adults were abused in the following ways: verbally (71%), emotionally (57%), physically (29%), and financially (14%).
- Adults experienced the following due to gambling: consumed alcohol or drugs when gambling (4%), lied to family members or other to hide their gambling (1%), were unable pay their bills (1%), gambled with larger amounts of money to get the same excitement (1%), and someone expressed a concern about their gambling (1%).

- Delaware County adults experienced the following in the past 12 months: a close family member went to the hospital (31%), death of a family member or close friend (28%), someone close to them had a problem with drinking or drugs (11%), was a caregiver (10%), moved to a new address (9%), decline in personal health (8%), had bills they could not pay (6%), someone in their household lost their job/had their hours at work reduced (6%), household income was cut by 50% (4%), had someone homeless living with them (1%), knew someone living in a hotel (1%), became separated or divorced (1%), and their child was threatened or abused by someone physically, emotionally, sexually and/or verbally (1%).
- Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They also include household dysfunction such as witnessed domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development of depression, alcoholism and alcohol abuse; depression; illicit drug use; chronic obstructive pulmonary disease; suicide attempts; and many other health problems throughout a person's lifespan (*SAMHSA, Adverse Childhood Experiences, Updated 9/5/2017*).
- Delaware County adults experienced the following Adverse Childhood Experiences (ACEs):
 - Their parents became separated or were divorced (20%)
 - Lived with someone who was a problem drinker or alcoholic (16%)
 - A parent or adult in their home swore at, insulted, or put them down (16%)
 - Lived with someone who was depressed, mentally ill, or suicidal (13%)
 - A parent or adult in their home hit, beat, kicked, or physically hurt them (7%)
 - Someone at least 5 years older than them or an adult touched them sexually (6%)
 - Lived with someone who used illegal stress drugs, or who abused prescription medications (5%)
 - Their family did not look out for each other, feel close to each other, or support each other (5%)
 - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (4%)
 - Someone at least 5 years older than them or an adult tried to make them touch them sexually (4%)
 - Lived with someone who served time or was sentenced to serve time in prison, jail or correctional facility (1%)
 - Their parents were not married (2%)
 - They didn't have enough to eat, had to wear dirty clothing, and had no one to protect them (2%)
 - Someone at least 5 years older than them or an adult forced them to have sex (1%)
- Seven percent (7%) of adults experienced four or more Adverse Childhood Experiences (ACEs).

The table below indicates correlations between those who experienced 4 or more ACEs in their lifetime and participating in risky behaviors, as well as other activities and experiences. Examples of how to interpret the information include: 8% of those who experienced 4 or more ACEs contemplated suicide, compared to 1% of those who did not experience any ACEs.

Behaviors of Delaware County Adults

Experienced 4 or More ACEs vs. Did Not Experience Any ACEs

Adult Behaviors	Experienced 4 or More ACEs	Did Not Experience Any ACEs
Current drinker (had at least one alcoholic beverage in the past month)	56%	71%
Obese	32%	25%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	21%	34%
Misused prescription drugs	11%	5%
Current smoker (currently smoke on some or all days)	11%	11%
Contemplated suicide	8%	1%
Used recreational drugs	7%	3%
Had two or more sexual partners in the past year	0%	5%

Health and Health Care

- In the past year, 5% of adults were uninsured, increasing to 11% of those under the age of 30.
- When seeking health care, 2% of Delaware County adults felt their experiences were worse than other races. Forty-two percent (42%) of adults felt their experiences were the same as other races, and 13% reported their experiences were better than other races.
- Approximately 12% of Delaware County adults reported feeling upset, angry, sad or frustrated as a result of how they were treated based on their race, ethnicity, sex, age, language, culture, religion, nationality, or sexual orientation in the past 30 days.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Delaware County adults.

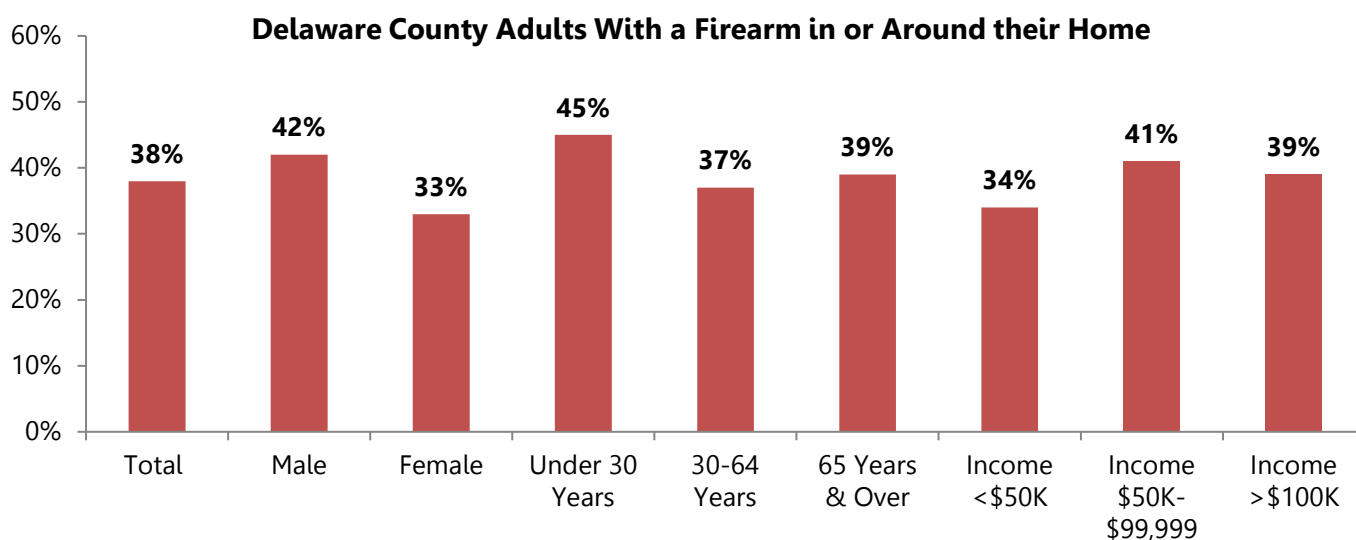
Veterans' Affairs

- One-third (33%) of Delaware County adults reported that someone in their immediate family had served in the military in the past 10-15 years.
- As a result of military service during the past 10-15 years, the following have affected veterans' immediate family members: post-traumatic stress disorder (PTSD) (6%), problems getting VA benefits (5%), access to medical care at a VA facility (3%), marital problems (2%), could not find/keep a job (2%), had problems getting information on VA eligibility and applying (2%), substance/drug abuse/overdose (1%), and access to medical care at a non-VA facility (1%).

Neighborhood and Built Environment

- Delaware County adults reported doing the following while driving: talking on hands-free cell phone (56%), eating (44%), talking on hand-held cell phone (36%), texting (17%), using internet on their cell phone (11%), not wearing a seatbelt (8%), being under the influence of alcohol (5%), being under the influence of recreational drugs (1%), being under the influence of prescription drugs (1%), reading (<1%), and other activities (such as applying makeup, shaving, etc.) (2%).
- Thirty-eight percent (38%) of Delaware County adults kept a firearm in or around their home. Six percent (6%) of adults reported they were unlocked and loaded.
- Forty-four percent (44%) of Delaware County adults reported that their neighborhood was extremely safe, 53% reported it to be quite safe, 3% reported it to be slightly safe, and <1% reported it to be not safe at all.

The following graph shows the percentage of Delaware County adults who had a firearm in or around their home. Examples of how to interpret the information shown on the graph include: 38% of all Delaware County adults had a firearm in or around the home, including 42% of males and 41% of those with incomes of \$50,000-\$99,999.



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.

Victims of Gun Violence in America

- More than 100,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
 - 33,880 people die from gun violence and 81,114 people survive gun injuries.
- Every day, an average of 315 people is shot in America. Of those 315 people, 93 people die and 222 are shot, but survive.
 - Of the 315 people who are shot every day, an average of 46 are children and teens.
 - Of the 93 people who die, 32 are murdered, 58 are suicides, 1 die accidentally, 1 with an unknown intent and 1 by legal intervention.
 - Of the 222 people who are shot but survive, 164 are from assault, 45 are shot accidentally, 10 are suicide attempts, and 3 are police interventions.

(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" Fact Sheet, June 2017)

Social Conditions: Environmental Health

Key Findings

Delaware County adults reported the following top three environmental health issues that threatened their health in the past year: mold (5%), insects (3%), and air quality (3%). Ninety-two percent (92%) of adults reported they had a working smoke detector in their home.

Environmental Health

- Delaware County adults thought the following threatened their health in the past year:
 - Mold (5%)
 - Insects (3%)
 - Air quality (3%)
 - Rodents (2%)
 - Plumbing problems (2%)
 - Sewage/waste water problems (2%)
 - Temperature regulation (1%)
 - Asbestos (1%)
 - Cockroaches (1%)
 - Lice (1%)
 - Lead paint (1%)
 - Safety hazards (1%)
 - Unsafe water supply/wells (1%)
 - Radiation (1%)
 - Radon (1%)

Disaster Preparedness

- Delaware County households had the following disaster preparedness supplies: working smoke detector (92%), cell phone with texting (91%), cell phone (91%), computer/tablet (89%), working flashlight and working batteries (86%), working battery-operated radio and working batteries (49%), 3-day supply of prescription medication for each person who takes prescribed medicines (47%), 3-day supply of nonperishable food for everyone in the household (46%), home land-line telephone (34%), 3-day supply of water for everyone in the household (one gallon of water per person per day) (32%), generator (23%), communication plan (19%), and a disaster plan (10%). Four percent (4%) of adults reported they did not have any disaster supplies, and 1% did not know.
- Delaware County adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: television (76%), radio (70%), internet (67%), wireless emergency alerts (57%), text message (54%), Facebook (42%), smart phone app (33%), Twitter (13%), other social media (12%), landline phone (12%), and don't know (4%). Two percent (2%) of adults reported they disabled wireless emergency alerts, and 3% reported not carrying a cell phone on a regular basis.

Youth Health: Weight Status

Key Findings

The 2016/17 DCYRBS health assessment identified that 19% of Delaware County high school youth were either overweight or obese, according to Body Mass Index (BMI) by age. When asked how they would describe their weight, 23% of Delaware County youth reported that they were slightly or very overweight. Seventy-eight percent (78%) of youth were exercising for 60 minutes on 3 or more days per week.

High School Weight Status

- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fatness changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- In 2016/17, 9% of youth were classified as obese by Body Mass Index (BMI) calculations (2013 YRBS reported 13% for Ohio and 14% for the U.S. in 2015). Ten percent (10%) of youth were classified as overweight (2013 YRBS reported 16% for Ohio and 2015 YRBS reported 16% for the U.S.). Seventy-eight percent (78%) were normal weight, and 3% were underweight.

6th-12th Grade Youth Weight Status

- Twenty-three percent (23%) of youth described themselves as being either slightly or very overweight (2013 YRBS reported 28% for Ohio and 2015 YRBS reported 32% for the U.S.).
- Over one-third (37%) of all youth were trying to lose weight, increasing to 47% of Delaware County female youth (compared to 27% of males) (2013 YRBS reported 47% for Ohio and 2015 YRBS reported 46% for the U.S.).

9% of Delaware County high school youth were classified as obese.

- Delaware County youth reported doing the following to lose weight or keep from gaining weight in the past 30 days:
 - 53% of youth exercised
 - 50% of youth drank more water
 - 41% of youth ate more fruits and vegetables
 - 28% of youth ate less food, fewer calories, or foods lower in fat
 - 9% of youth skipped meals
 - 3% reported going without eating for 24 hours or more (2013 YRBS reported 10% for Ohio and 13% for the U.S.)
 - 2% vomited or took laxatives (2013 YRBS reported 5% for Ohio and 4% for the U.S.)
 - 1% reported taking diet pills, powders, or liquids without a doctor's advice (2013 YRBS reported 5% for Ohio and the U.S.)
 - 1% reported smoking to lose weight
- Sixty percent (60%) of youth did not have 8 or more hours of sleep on an average school night (2013 YRBS reported 74% for Ohio and the 2015 YRBS reported 73% for the U.S.).

6th-12th Grade Youth Nutrition

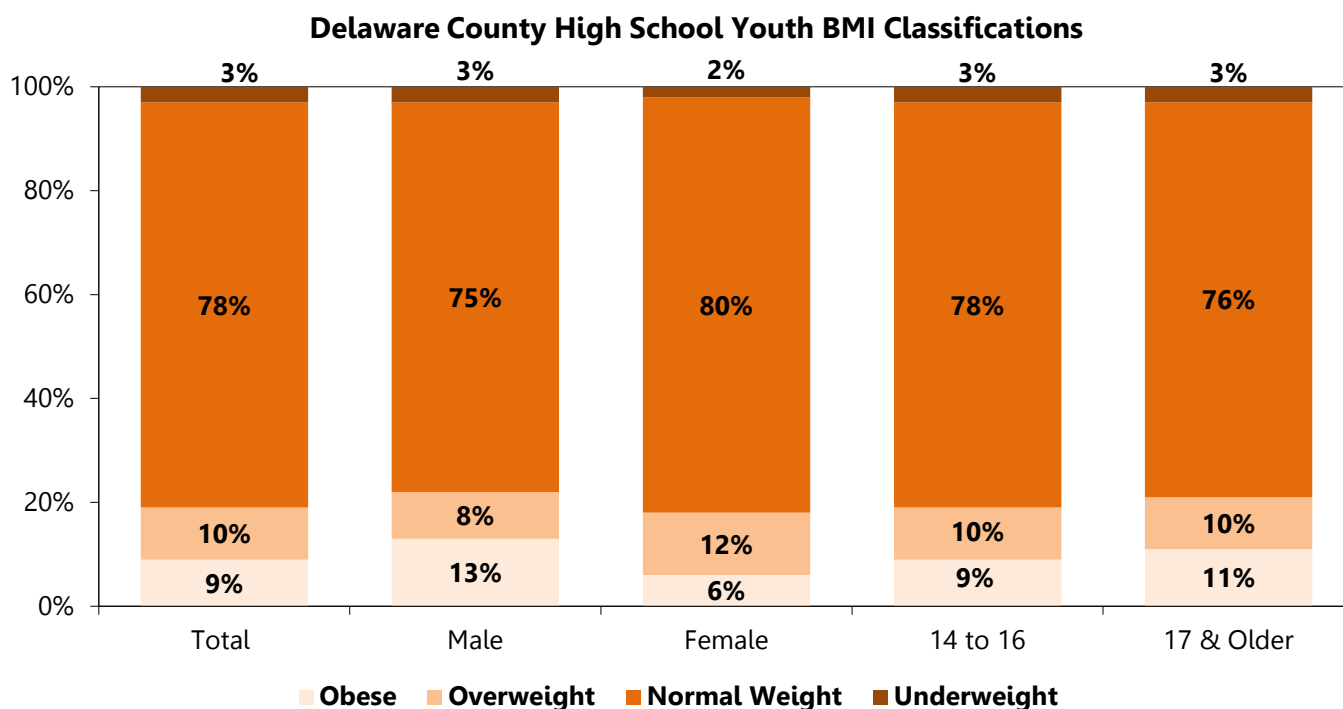
- Four percent (4%) of youth ate 5 or more servings of whole fruit per day. Thirty percent (30%) ate 3 to 4 servings of whole fruit per day and 61% ate 1 to 2 servings per day.
- Four percent (4%) of youth ate 5 or more servings of whole vegetable per day. Twenty-four percent (24%) ate 3 to 4 servings of whole vegetable per day and 65% ate 1 to 2 servings per day.

- Eighty percent (80%) of Delaware County youth ate out in a restaurant or brought home take-out at least once in the past week. Three percent (3%) of those youth ate out for 5 or more meals.
- Fifty-nine percent (59%) Delaware County youth reported eating at least one meal per day with their family in the past week. Five percent (5%) of youth reported not eating any meals with their family in the past week.
- Almost half (47%) of youth reported eating breakfast every day in the past week (2013 YRBS reported 36% for Ohio and the 2015 YRBS reported 36% for the U.S.). Seven percent (7%) of youth reported they did not eat breakfast in the past week.
- Nearly one-fifth (19%) of youth drank soda pop (not diet), punch, Kool-Aid, sports drinks, energy drinks or other fruit flavored drinks at least once per day during the past week (2013 YRBS reported 21% for Ohio and the 2015 YRBS reported 20% for the U.S.).
- Seven percent (7%) of youth had a drink that was high in caffeine such as coffee, espresso or energy drinks at least once per day during the past week. Sixty-four percent (64%) of youth did not drink any high caffeine drinks in the past week.
- Three percent (3%) of Delaware County youth reported it was often true that someone in their family had worried that they would run out of food before they got the chance to buy more in the past 12 months. Eighty-one percent (81%) reported it was never true.

6th-12th Grade Youth Physical Activity

- Over three-fourths (78%) of Delaware County youth participated in at least 60 minutes of physical activity on 3 or more days in the past week. Over half (53%) did so on 5 or more days in the past week (2013 YRBS reports 48% for Ohio and 2015 YRBS reports 49% for the U.S.), and 27% did so every day in the past week (2013 YRBS reports 26% for Ohio and 2015 YRBS reports 27% for the U.S.). Eight percent (8%) of youth did not participate in at least 60 minutes of physical activity on any day in the past week (2013 YRBS reports 13% for Ohio and 2015 YRBS reports 14% for the U.S.).
- The CDC recommends that children and adolescents participate in at least 60 minutes of physical activity per day. As part of their 60 minutes per day; aerobic activity, muscle strengthening, and bone strengthening are three distinct types of physical activity that children should engage in, appropriate to their age. Children should participate in each of these types of activity on at least 3 days per week.
- Delaware County youth spent an average of 2.8 hours on their cell phone, 1.4 hours on their computer/tablet, 1.2 hours watching TV and 0.9 hours playing video games on an average day of the week.
- Thirteen percent (13%) of youth spent 3 or more hours watching TV on an average day (2013 YRBS reported 28% for Ohio and 25% for the U.S. in 2015).

The following graph shows the percentage of Delaware County high school youth who were classified as obese, overweight, normal weight or underweight by Body Mass Index (BMI). Examples of how to interpret the information in the graph include: 78% of all Delaware County youth were classified as normal weight, 9% were obese, 10% were overweight, and 3% were underweight for their age and gender.



Delaware County youth did the following to lose weight in the past 30 days:	Percent
Exercised	53%
Drank more water	50%
Ate more fruits and vegetables	41%
Ate less food, fewer calories, or foods lower in fat	28%
Skipped meals	9%
Went without eating for 24 hours	3%
Vomited or took laxatives	2%
Took diet pills, powders, or liquids without a doctor's advice	1%
Smoked cigarettes	1%

Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese	9% (9-12 Grade)	13% (9-12 Grade)	14% (9-12 Grade)	15%*

*Note: The Healthy People 2020 target is for children and youth aged 2-19 years.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., NHANES, CDC/NCHS, 2016/17 Delaware County Health Assessment)

2015 3rd and 7th Grade Height and Weight Collection Methodology and Data Analysis

Methodology

- In April and May of 2015, a total of 1,240 student heights and weights from a convenience sample of 3rd and 7th graders were collected anonymously by trained Delaware General Health District (DGHD) staff and volunteers. A quality assurance check of those heights and weights using the Ohio Department of Health (ODH) criteria reduced that total to 1,217 anonymous paired heights and weights. This final sample of 1,217 is representative for Delaware County 3rd and 7th grade students (99% confidence level with 5% margin of error).
- The eligible paired heights and weights were then calculated into Body Mass Index (BMI) measures and analyzed for placement on standardized BMI-for-age growth charts. BMI placement on standardized growth charts determines which descriptive weight category of underweight, healthy weight, overweight or obese applies.

Data Analysis

- To adequately assess the health of Delaware County youth, it was essential to measure children's heights and weights. Height and weight is a standard measure of health in youth, a classic measure of how well a child is growing. Using heights and weights to find how many Delaware County children fall in overweight and obese categories is also a vital check on the health of youth. Overweight and obese youth now develop chronic diseases previously experienced only by adults, and for some children before they even reach high school—conditions like high blood pressure, high cholesterol, and insulin resistance and type 2 diabetes.
- During the 2005-2007 school years, the DGHD collected heights and weights on 1st through 8th graders, and found 29% of 3rd graders and 30% of 7th graders were either overweight or obese. The current Youth Health Assessment gave the DGHD a key opportunity to update that older local data. For 2015, the good news is the majority of 3rd and 7th graders (70%) were found to be growing at a healthy weight (Table 5).
- Of greater health concern is the persistent percentage of students found in 2015 to be either overweight or obese. For 3rd graders, 28% were either overweight or obese, and 29% of 7th graders were either overweight or obese. While the combined percentages of overweight and obese students measured in the spring of 2015 are slightly lower compared to 2005-2007, the reductions are unfortunately not statistically significant and cannot be considered a trend.
- Unhealthy weights in childhood can predict obesity later in life with worsening health conditions. These 2015 height and weight data are representative of all Delaware County 3rd and 7th grade students and show a continued significant portion of youth on a path toward obesity as adults. For some, it could also mean greater risk for developing early and worsening chronic diseases.

Table 5

Weight Category	2005/06/07 3 rd Grade	2014/15 3 rd Grade	2005/06/07 7 th Grade	2014/15 7 th Grade
Obese	13%	13%	14%	13%
Overweight	16%	15%	16%	16%
Healthy Weight	69%	70%	69%	70%
Underweight	2%	2%	1%	1%

(Source: Delaware General Health District)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Weight Status									
Obese	N/A	N/A	N/A	N/A	N/A	N/A	9%	13%	14%
Overweight	N/A	N/A	N/A	N/A	N/A	N/A	10%	16%	16%
Described themselves as slightly or very overweight	21%	24%	20%	23%	26%	31%	26%	28%	32%
Trying to lose weight	37%	41%	32%	37%	40%	42%	41%	47%	46%
Went without eating for 24 hours or more	N/A	14%	2%	3%	12%	12%	4%	10%	13%*
Took diet pills, powders, or liquids without a doctor's advice	N/A	5%	<1%	1%	7%	7%	2%	5%	5%*
Vomited or took laxatives	N/A	4%	1%	2%	8%	5%	2%	5%	4%*
Ate breakfast every day during the past week	56%	51%	55%	47%	44%	36%	40%	36%	36%
Drank pop or soda one or more times per day during the past 7 days	N/A	N/A	16%	19%	17%	17%	22%	21%	20%
Did not have 8 or more hours of sleep on an average school night	N/A	N/A	39%	60%	N/A	N/A	77%	74%	73%
Physical Activity									
Physically active at least 60 minutes per day on every day in past week	46%	42%	31%	27%	25%	34%	23%	26%	27%
Physically active at least 60 minutes per day on 5 or more days in past week	75%	65%	59%	53%	51%	56%	48%	48%	49%
Did not participate in at least 60 minutes of physical activity on any day in past week	4%	6%	6%	8%	10%	10%	10%	13%	14%
Watched 3 or more hours of TV	N/A	N/A	11%	13%	N/A	N/A	14%	28%	25%

N/A – Not available

*Comparative YRBS data for U.S. is 2013

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Tobacco Use

Key Findings

The 2016/17 DCYRBS health assessment identified that only 3% of Delaware County youth were current smokers, increasing to 7% of those ages 17 and older. However, 10% of Delaware County youth used electronic vapor products, increasing to 20% of those 17 and older. Two percent (2%) of youth used chewing tobacco or snuff in the past year.

6th-12th Grade Youth Tobacco Use Behaviors

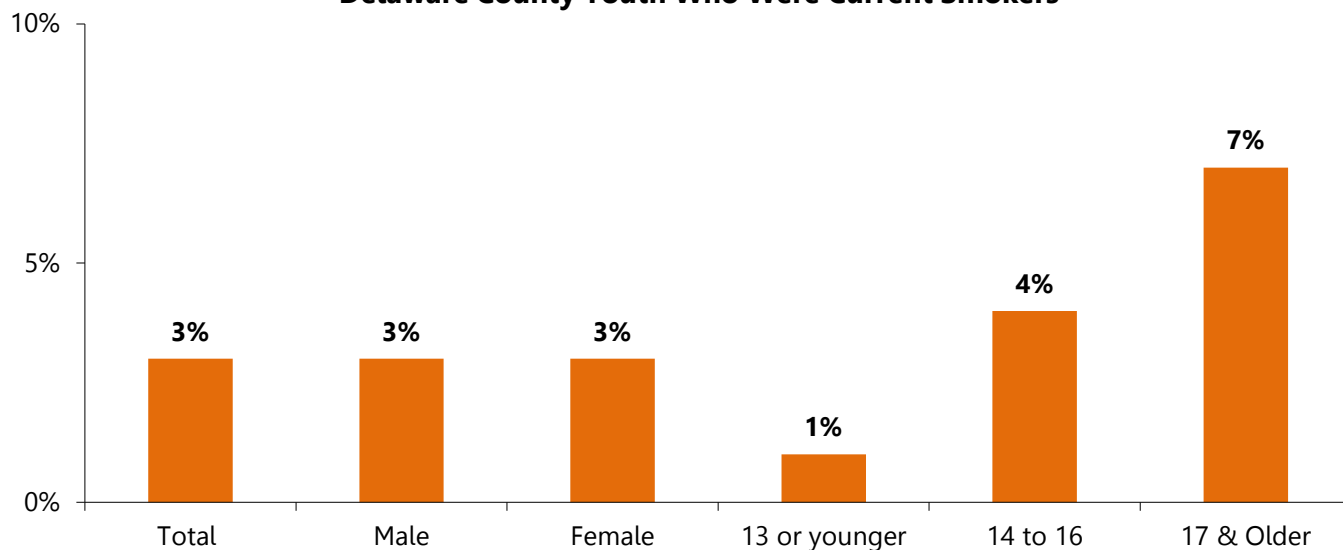
- The 2016/17 health assessment indicated that 8% of Delaware County youth had tried cigarette smoking, increasing to 21% of those 17 and older (2015 YRBS reported 32% for the U.S.).
- Seventeen percent (17%) of those who had smoked a whole cigarette did so at 10 years old or younger, and another 15% had done so by 12 years old. The average age of onset for smoking was 13.2 years old.
- Three percent (3%) of all Delaware County youth had tried cigarette smoking before the age of 13 (2011 YRBS reported 14% for Ohio and the 2015 YRBS reported 7% for the U.S.).
- Three percent (3%) of youth smoked part or all of a cigarette in the past 30 days, increasing to 7% of those 17 and older.
- Over half (54%) of Delaware County youth smokers smoked less than 1 cigarette per day. Five percent (5%) of youth smoked more than 20 cigarettes per day.

In 2016/17, 3% of Delaware County youth were current smokers, having smoked at some time in the past 30 days.

- Over three-fifths (66%) of Delaware County youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- Over one-quarter (28%) of youth smokers borrowed cigarettes from someone else, 18% indicated they bought cigarettes from a store or gas station (2015 YRBS reported 13% for the U.S.), 14% gave someone else money to buy them cigarettes, 14% said a person 18 years or older gave them the cigarettes, 7% took them from a store or family member, 1% got them from a vending machine, and 18% got them some other way.
- Delaware County youth used the following forms of tobacco the most in the past year: e-cigarette (6%); cigarettes (3%); chewing tobacco or snuff (2%); hookah (2%); cigars (2%); Swishers (2%); Black and Milds (2%); snus (1%); cigarillos (1%); little cigars (1%); dissolvable tobacco products (<1%); and bidis (<1%).
- Ten percent (10%) of Delaware County youth used an electronic vapor product in the past 30 days, increasing to 20% of those 17 and older (YRBS reported 24% for the U.S. in 2015).
- Almost half (49%) of youth who vape usually got their electronic vapor products by borrowing them from someone else, 11% bought them from a store or gas station, 9% gave someone else money to buy them, 9% said a person 18 years or older gave it to them, 6% said they got them on the internet, and 14% got them some other way.

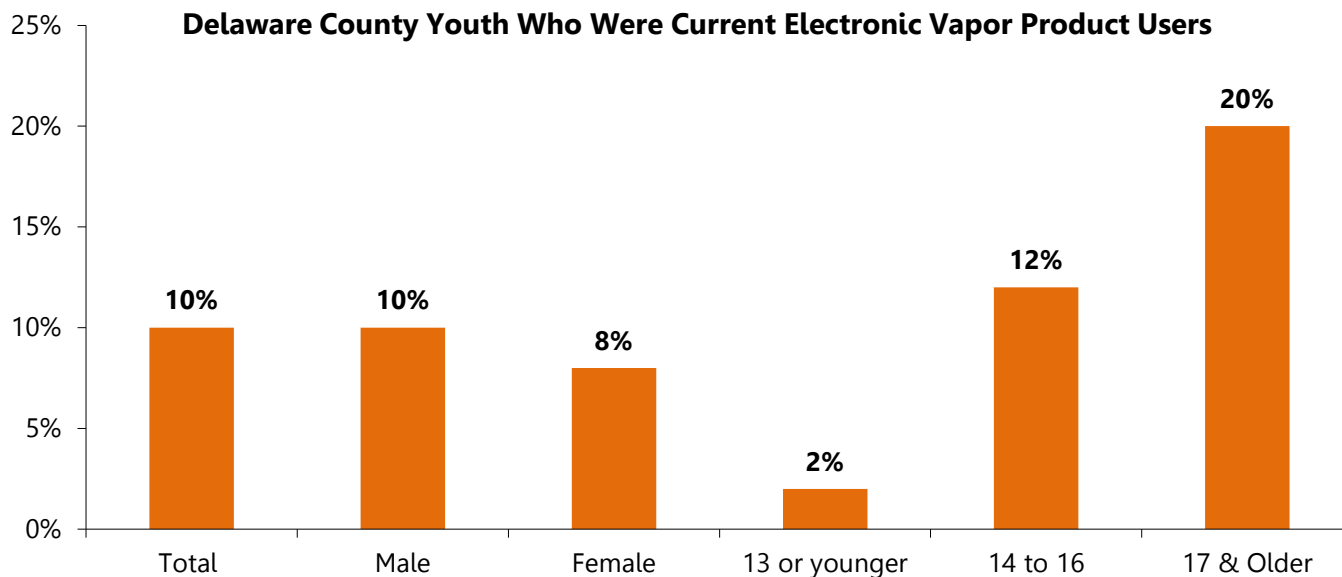
The following graphs show the percentage of Delaware County youth who were current smokers and current electronic vapor product users. Examples of how to interpret the information include: 3% of all Delaware County youth were current smokers, 3% of males smoked, and 3% of females were current smokers.

Delaware County Youth Who Were Current Smokers



In 2016/17, 10% of Delaware County youth were currently using electronic vapor products, with 20% of those 17 and older currently vaping in the last 30 days.

Delaware County Youth Who Were Current Electronic Vapor Product Users



Behaviors of Delaware County Youth
Current Smokers vs. Non-Current Smokers
**There is a correlation between smoking and other risky behaviors*

Youth Behaviors	Current Smoker	Non-Current Smoker
Have had at least one drink of alcohol in the past 30 days	66%	13%
Had sexual intercourse in the past 12 months	63%	17%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	52%	14%
Have used marijuana in the past 30 days	52%	4%
Been bullied in any way in the past year	58%	43%
Carried a weapon in the past month	28%	6%
Misused prescription medications in the past 30 days	27%	2%

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

Healthy People 2020
Tobacco Use (TU)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
TU-2.2 Reduce use of cigarettes by adolescents (past month)	3% (6-12 Grade) 5% (9-12 Grade)	15% (9-12 Grade)	11% (9-12 Grade)	16%*

**Note: The Healthy People 2020 target is for youth in grades 9-12.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)

Electronic Cigarettes and Teenagers in the U.S.

- The percentage of U.S. middle and high school students who tried electronic cigarettes tripled from 2013 to 2014.
- E-cigarettes usually look like regular cigarettes, but they are operated by battery. An atomizer heats a solution of liquid, flavorings, and nicotine that creates a mist that is inhaled.
- Current e-cigarette use among high school students rose from 4.5% in 2013 to 13.4% in 2014, rising from approximately 660,000 to 2 million students.
- Among middle school students, current e-cigarette use more than tripled from 1.1% in 2013 to 3.9% in 2014 – an increase from approximately 120,000 to 450,000 students.
- Nicotine is a highly addictive drug. Many teens that start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes.

(Source: CDC, Newsroom Releases, "E-cigarette use triples among middle and high school students in just one year," April 16, 2015)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ±	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever tried cigarettes	4%	6%	2%	8%	18%	25%	13%	52%*	32%
Current smokers	1%	1%	1%	3%	9%	11%	5%	15%	11%
Current electronic vapor product user	N/A	N/A	N/A	N/A	N/A	N/A	15%	N/A	24%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	3%	3%	2%	3%	6%	7%	3%	14%*	7%
Usually obtained their own cigarettes by buying them in a store or gas station	24%	N/A	16%	18%	20%	14%	18%	N/A	13%

N/A – Not available

*Comparative YRBS data for Ohio is 2011

±Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Alcohol Consumption

Key Findings

In 2016/17, the DCYRBS health assessment results indicated that 14% of all Delaware County youth and 35% of those over the age of 17 had at least one drink in the past 30 days. Over one-quarter (26%) of all Delaware County youth had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older. Over two-fifths (44%) of high school youth who reported drinking in the past 30 days had at least one episode of binge drinking. Five percent (5%) of all high school youth drivers had driven a car in the past month after they had been drinking alcohol.

In 2016/17, 14% of all Delaware County youth were current drinkers, increasing to 35% of those 17 and older.

6th-12th Grade Youth Alcohol Consumption

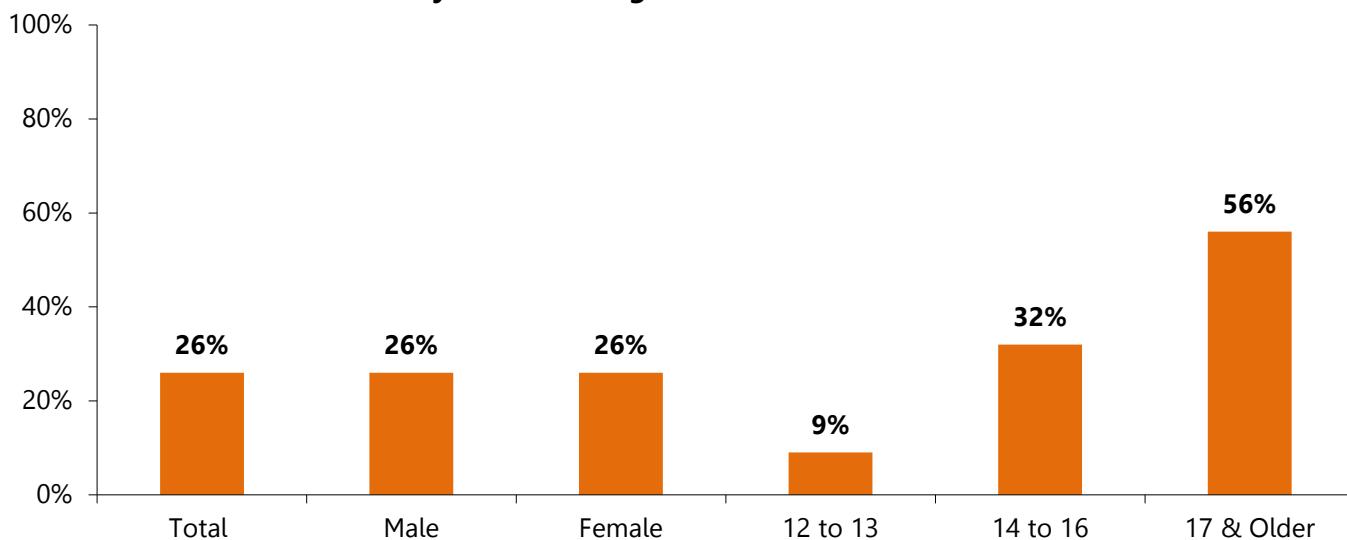
- In 2016/17, the DCYRBS health assessment results indicated that 26% of all Delaware County youth (ages 12 to 18) had at least one drink of alcohol in their life, increasing to 56% of those ages 17 and older (YRBS reports 63% for the U.S. in 2015).
- Fourteen percent (14%) of youth had at least one drink in the past 30 days and would be defined as a current drinker, increasing to 35% of those ages 17 and older.
- Almost one-quarter (24%) of high school youth (YRBS reports 30% for Ohio in 2013 and 33% for the U.S. in 2015) were current drinkers.
- Nearly one-third (29%) of Delaware County youth who reported drinking at some time in their life had their first drink at 12 years old or younger; 28% took their first drink between the ages of 13 and 14, and 43% started drinking between the ages of 15 and 18. The average age of onset was 13.4 years old.
- Of all Delaware County youth, 8% had drunk alcohol for the first time before the age of 13 (YRBS reports 13% of Ohio youth drank alcohol for the first time before the age of 13 in 2013 and 17% for the U.S. in 2015).
- Delaware County youth drinkers reported they got their alcohol from the following: someone gave it to them (42%)(2013 YRBS reports 38% for Ohio and 2015 YRBS reports 44% for the U.S.); a parent gave it to them (30%); someone older bought it (18%); older friend or sibling bought it for them (17%); gave someone else money to buy it for them (12%); took it from a store or family member (10%); a friend's parent gave it to them (8%); bought it in a liquor store/convenience store/gas station (7%); bought it with a fake ID (4%); bought it at a bar, restaurant or club (3%); bought it at a public event (2%); and obtained it some other way (18%).
- In the past 30 days, 14% of youth had ridden in a car driven by someone who had been drinking alcohol (YRBS reported 17% for Ohio in 2013 and 20% for the U.S. in 2015).

High School Youth Alcohol Consumption

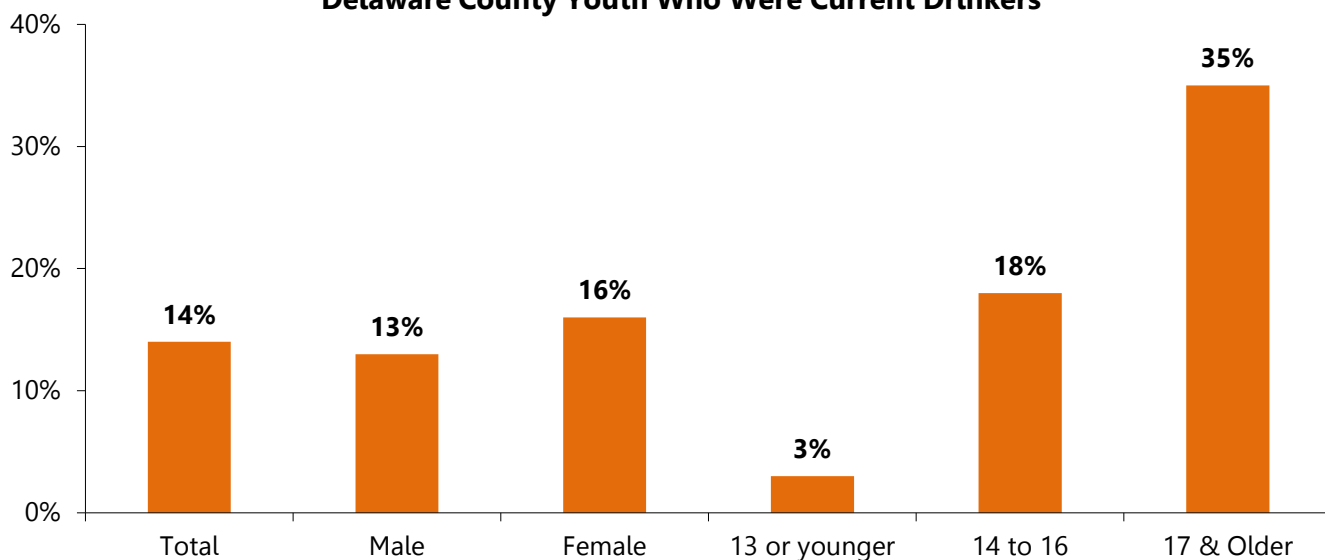
- Of those high school youth who drank, 44% had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers by definition, increasing to 56% of those ages 17 and older.
- Based on all high school youth surveyed, 12% were defined as binge drinkers, increasing to 19% of those ages 17 and older (YRBS reports 16% for Ohio in 2013 and 18% for the U.S. in 2015).
- Five percent (5%) of high school youth drivers had driven a car themselves after drinking alcohol (YRBS reported 4% for Ohio in 2013 and 8% for the U.S. in 2015).

The following graphs show the percentage of Delaware County youth who had drank in their lifetime and those who were current drinkers. Examples of how to interpret the information include: 26% of all Delaware County youth had drank at some time in their life: 26% of males and 26% of females.

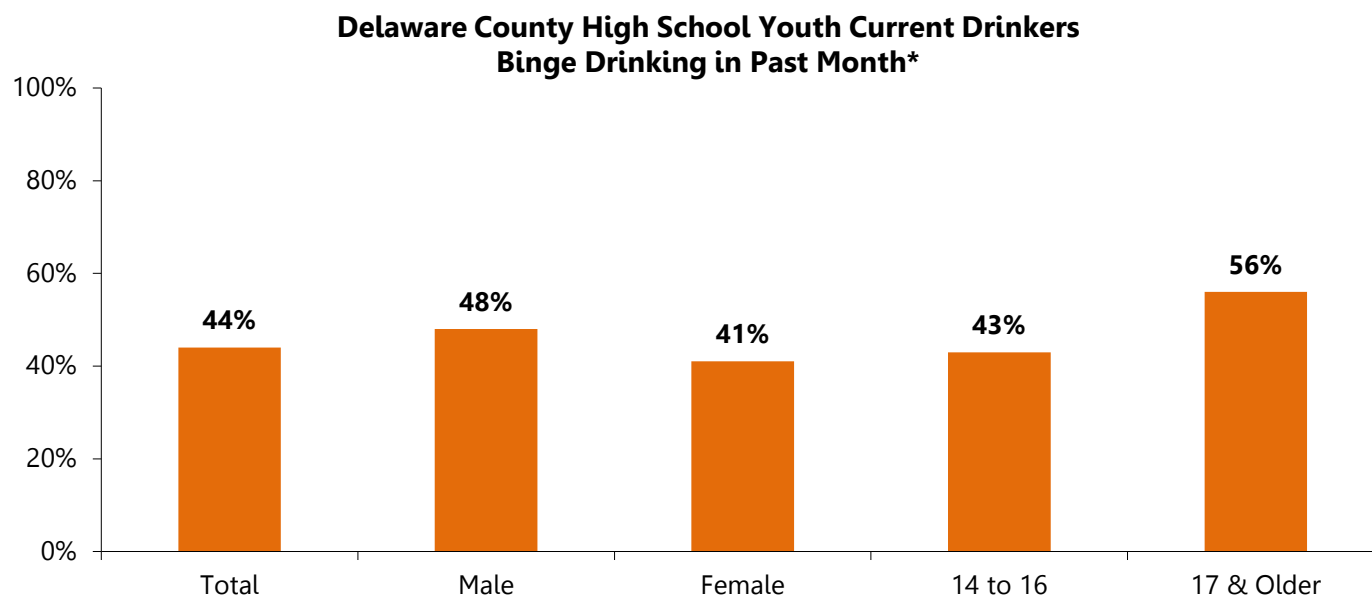
Delaware County Youth Having At Least One Drink In Their Lifetime



Delaware County Youth Who Were Current Drinkers



The following graph shows the percentage of Delaware County high school youth who were binge drinkers. Examples of how to interpret the information include: 44% of current drinkers had binge drank in the past month; 48% of males and 41% of females binge drank.



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

Based on all Delaware County high school youth surveyed, 12% were defined as binge drinkers.

Behaviors of Delaware County Youth

Current Drinkers vs. Non-Current Drinkers

**There is a correlation between drinking and other risky behaviors*

Youth Behaviors	Current Drinker	Non-Current Drinker
Have been bullied in the past 12 months	52%	42%
Felt sad or hopeless for 2 or more weeks in a row	35%	18%
Experienced 3 or more adverse childhood experiences (ACEs) in their lifetime	32%	12%
Have been in a physical fight in the past 12 months	29%	17%
Have used marijuana in the past 30 days	26%	1%
Seriously considered attempting suicide in the past 12 months	20%	9%
Carried a weapon in the past month	14%	5%
Have smoked cigarettes in the past 30 days	13%	1%
Attempted suicide in the past 12 months	9%	3%

Note: Current drinkers are defined as those youth who self-reported drinking alcohol at any time during the past 30 days.

Healthy People 2020 Substance Abuse (SA)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month	12% (9-12 Grade)	16% (9-12 Grade)	18% (9-12 Grade)	9%*

**Note: The Healthy People 2020 target is for youth aged 12-17 years.*

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., 2016/17 Delaware County Health Assessment)

Underage Drinking in the U.S.

Excessive drinking is responsible for more than 4,300 deaths among underage youth each year, and cost the U.S. \$24 billion in economic costs in 2010.

On average, underage drinkers consume more drinks per drinking occasion than adult drinkers.

In 2010, there were approximately 189,000 emergency room visits by persons under age 21 for injuries and other conditions linked to alcohol.

Youth who drink alcohol are more likely to experience:

- School problems, such as higher absence and poor or failing grades.
- Social problems, such as fighting and lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Physical problems, such as hangovers or illnesses.
- Unwanted, unplanned, and unprotected sexual activity.
- Disruption of normal growth and sexual development.
- Physical and sexual assault.
- Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning.
- Higher risk for suicide and homicide.
- Memory problems.
- Abuse of other drugs.
- Changes in brain development that may have life-long effects.
- Death from alcohol poisoning.

In general, the risk of youth experiencing these problems is greater for those who binge drink than for those who do not binge drink,

Youth who start drinking before age 15 years are five times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21 years.

(Source: CDC, Alcohol and Public Health, updated on October 20, 2016)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever tried alcohol	13%	16%	10%	26%	47%	58%	39%	N/A	63%
Current drinker	3%	5%	3%	14%	26%	28%	24%	30%	33%
Binge drinker (of all youth)	N/A	N/A	N/A	N/A	16%	15%	12%	16%	18%
Drank for the first time before age 13 (of all youth)	10%	13%	8%	8%	11%	12%	7%	13%	17%
Rode with someone who was drinking	N/A	21%	15%	14%	18%	16%	14%	17%	20%
Drank and drove (of youth drivers)	N/A	N/A	N/A	N/A	7%	4%	5%	4%	8%
Obtained the alcohol they drank by someone giving it to them	N/A	N/A	20%	42%	39%	50%	44%	38%	44%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Drug Use

Key Findings

In 2016/17, 5% of Delaware County youth had used marijuana at least once in the past 30 days, increasing to 14% of those ages 17 and older. Four percent (4%) of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.

6th-12th Grade Youth Drug Use

- In 2016/17, 5% of all Delaware County youth had used marijuana or hashish in the past 30 days, increasing to 14% of those over the age of 17.
- Ten percent (10%) of all youth used marijuana one or more times in their life; increasing to 30% of those over the age of 17 (2013 YRBS reported 36% for Ohio and 39% for the U.S. in 2015).
- The average age of onset for using marijuana was 14.3 years old.
- In the past month, 3% of youth reported using prescription drugs not prescribed for them, increasing to 5% of those over the age of 17.
- Four percent (4%) of Delaware County youth used a prescription pain medicine, such as codeine, Vicodin, OxyContin, Hydrocodone or Percocet, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 9% of those over the age of 17.
- Five percent (5%) of youth had taken a prescription drug, such as Xanax, Adderall or Ritalin, without a doctor's prescription or differently than how a doctor told them to use it at some time in their lives, increasing to 10% of those over the age of 17.
- Youth who misused prescription medications got them in the following ways: a parent gave it to them (46%); a friend gave it to them (34%); they took it from a friend or family member (20%); another family member gave it to them (15%); bought it from a friend (12%); bought it from someone else (11%); and the internet (3%).

Drug Facts: Drugged Driving

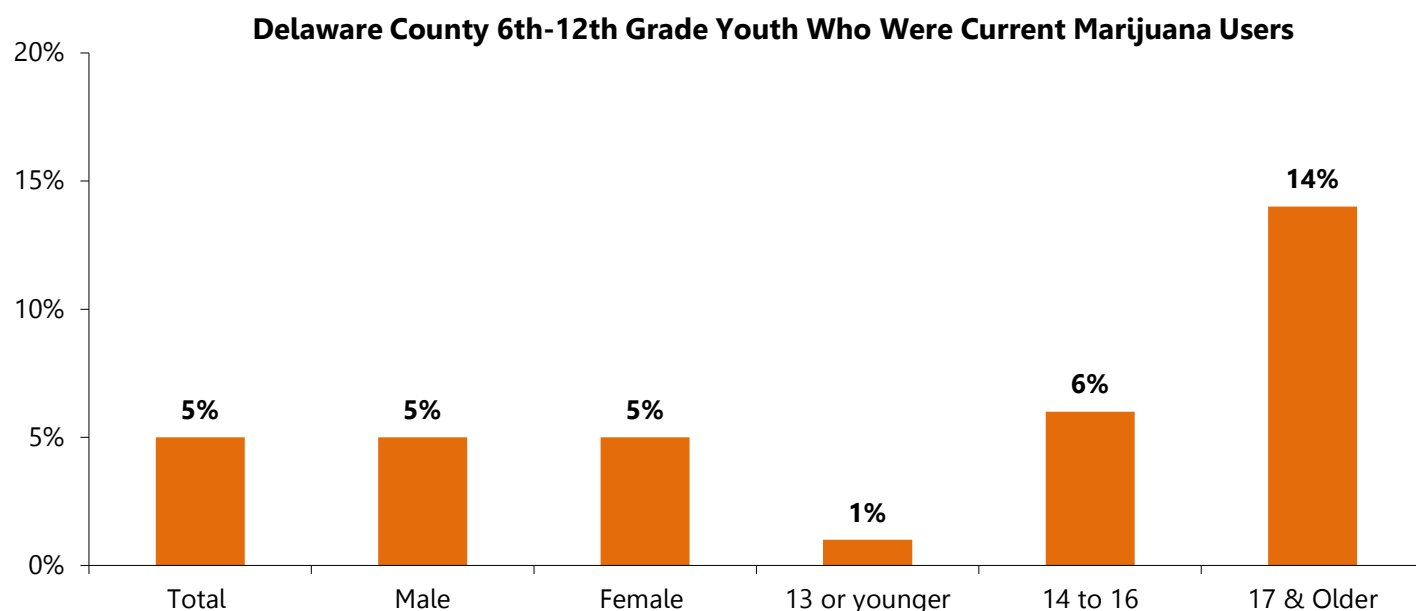
- Vehicle accidents are the leading cause of death among youth people aged 16 to 19. When teens' relative lack of driving experience is combined with the use of marijuana or other substances that affect cognitive and motor abilities, the results can be tragic.
- According to the 2014 National Survey on Drug Use and Health (NSDUH), an estimated 10 million people aged 12 or older reported driving under the influence of illicit drugs during the year prior to being surveyed.
- After alcohol, THC (delta-9-tetrahydrocannabinol), the active ingredient in marijuana is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and motor vehicle crash victims. Studies in several localities have found that approximately 4 to 14 percent of drivers who sustained injury or died in traffic accidents tested positive for THC.
- One NHTSA study found that in 2009, 18 percent of drivers killed in a crash tested positive for at least one drug. A 2010 study showed that 1 percent of deadly crashes involved a drugged driver

(Source: National Institute on Drug Abuse, The Science of Drug Abuse & Addiction: Drug Facts: Drugged Driving, June 2016)

High School Youth Drug Use

- Delaware County youth have tried the following at some time in their life:
 - 4% of youth used inhalants (YRBS reports 9% for Ohio in 2013 and 7% for the U.S. in 2015)
 - 2% used cocaine (YRBS reports 4% for Ohio in 2013 and 5% for U.S. in 2015)
 - 2% misused cough syrup
 - 2% misused over-the-counter medications
 - 2% used ecstasy/MDMA/Molly (2015 YRBS reports 5% for the U.S.)
 - 2% used liquid THC
 - 1% used methamphetamines (2015 YRBS reports 3% for the U.S.)
 - 1% used steroids (YRBS reports 3% for Ohio in 2013 and 4% for the U.S. in 2015)
 - 1% used bath salts
 - 1% used K2/spice
 - 1% used posh/salvia/synthetic marijuana
 - 1% used Cloud 9
 - 1% misused hand sanitizer
 - <1% used heroin (YRBS reports 2% for Ohio in 2013 and 2% for U.S. in 2015)
 - <1% had been to a pharm party/used skittles
 - <1% used GhB
 - <1% used Opana
- Less than one percent (<1%) of high school youth had used a needle at some point in their life to inject an illegal drug into their body (YRBS reports 20% for Ohio in 2013 and 22% for the U.S. in 2015).
- In the past month, youth reported being on school property under the influence of the following: marijuana (3%); alcohol (2%); e-cigarettes (2%); other tobacco products (snus/dip/snuff) (1%); prescription drugs not prescribed for them (1%); cigarettes (1%); other illegal drugs (cocaine, LSD, etc.) (<1%); synthetic marijuana (<1%); inhalants (<1%); bath salts (<1%); and heroin (<1%).
- Delaware County youth agreed with the following: medical marijuana should be legalized (58%); using marijuana leads to using other drugs (49%); marijuana is addictive (48%); and recreational marijuana should be legalized (30%).

The following graph is data from the 2016/17 DCYRBS health assessment indicating 6th-12th grade youth marijuana use in the past 30 days. Examples of how to interpret the information include: 5% of youth have used marijuana in the past 30 days, 5% of males and 5% of females have used marijuana.



Youth Comparisons	Middle School (6 th -8 th)			Delaware County 2016/17 (6 th -12 th)	High School (9 th -12 th)				
	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)		Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever used marijuana	3%	4%	1%	10%	21%	29%	17%	36%	39%
Youth who used marijuana in the past month	2%	2%	1%	5%	14%	18%	9%	21%	22%
Ever used methamphetamines	N/A	N/A	N/A	N/A	6%	4%	1%	N/A	3%
Ever used cocaine	1%	1%	<1%	1%	6%	6%	2%	4%	5%
Ever used heroin	N/A	N/A	<1%	<1%	5%	3%	<1%	2%	2%
Ever used steroids	1%	2%	1%	1%	6%	4%	1%	3%	4%
Ever used inhalants	4%	6%	4%	4%	8%	8%	4%	9%	7%
Ever used ecstasy/MDMA	N/A	N/A	N/A	N/A	8%	5%	2%	N/A	5%
Used prescription drugs not prescribed in the past month	N/A	N/A	1%	3%	N/A	N/A	4%	N/A	N/A
Ever used a needle to inject any illegal drug	N/A	N/A	N/A	N/A	5%	3%	<1%	20%	22%

‡Only students in grades 9th, 10th and 11th were asked survey questions

N/A – Not available

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Sexual Behavior

Key Findings

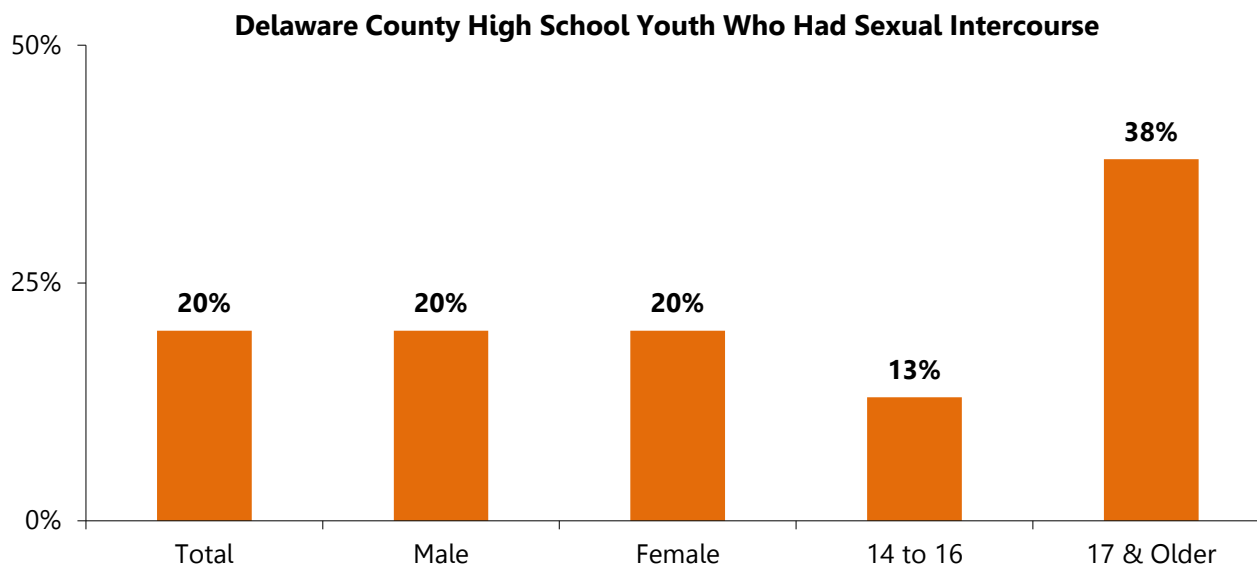
Only high school students were asked sexual behavior questions. In 2016/17, one-fifth (20%) of Delaware County high school youth reported that have ever had sexual intercourse. Almost one-quarter (24%) of high school youth had participated in oral sex and 3% had participated in anal sex. Twenty-four percent (24%) of high school youth participated in sexting. Of those who were sexually active, 48% had multiple sexual partners.

20% of Delaware County high school youth had sexual intercourse.

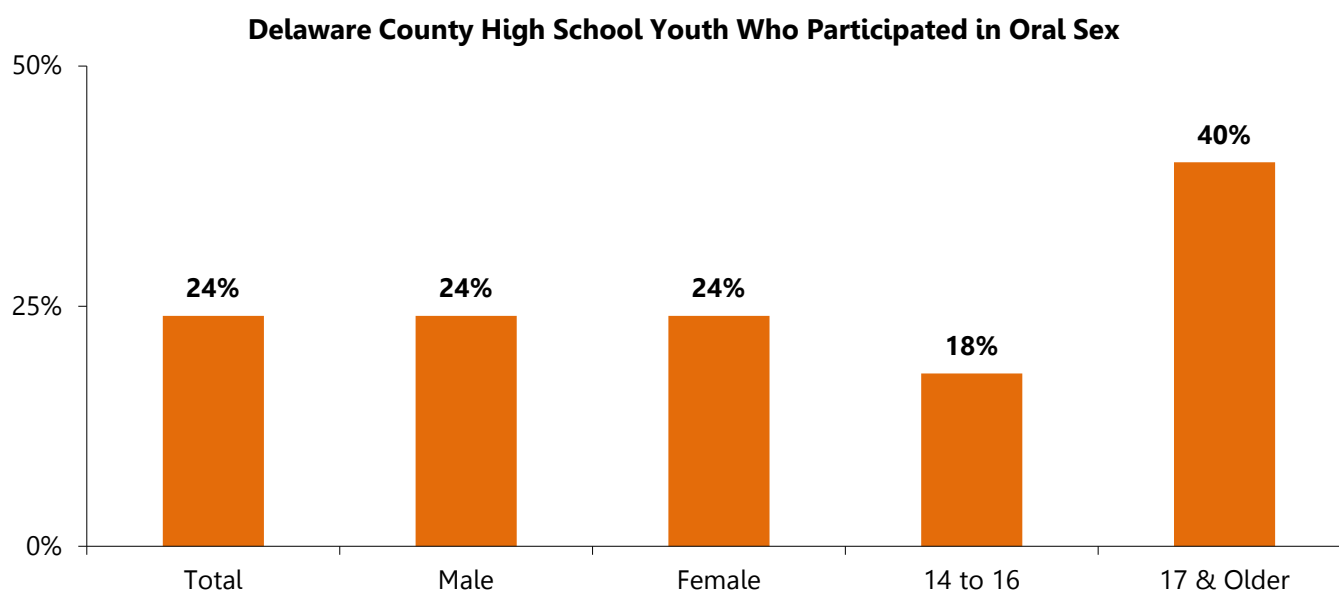
High School Youth Sexual Behavior

- One-fifth (20%) of Delaware County youth reported that they have ever had sexual intercourse (YRBS reports 43% for Ohio in 2013 and 41% for U.S. in 2015), increasing to 38% of those ages 17 and over.
- Almost one-quarter (24%) of youth had participated in oral sex, increasing to 40% of those ages 17 and over.
- Three percent (3%) of youth had participated in anal sex, increasing to 5% of those ages 17 and over.
- Twenty-four percent (24%) of youth had participated in sexting, increasing to 35% of those ages 17 and over.
- Thirty percent (30%) of youth had viewed pornography, increasing to 43% of males and 40% of those ages 17 and over.
- Of those youth who were sexually active in their lifetime, 52% had one sexual partner and 48% had multiple partners.
- Four percent (4%) of all Delaware County youth had 4 or more sexual partners (YRBS reports 12% for Ohio in 2013 and 12% for the U.S. in 2015).
- Nineteen percent (19%) of all Delaware County sexually active youth had 4 or more partners (2013 YRBS reports 28% for Ohio).
- Of those youth who were sexually active, 12% had done so by the age of 13. Another 47% had done so by 15 years of age. The average age of onset was 15.0 years old.
- Of all youth, 3% were sexually active before the age of 13 (YRBS reports 4% for Ohio in 2013 and 4% for the U.S. in 2015).
- Of the youth who were sexually active, 15% drank alcohol or used drugs before their last sexual encounter (2013 YRBS reports 18% for Ohio and 21% for the U.S.).
- Sixty-one percent (61%) of Delaware County youth reported they or their partner used a condom the last time they had sexual intercourse. The YRBS reports 51% for Ohio in 2013 and 57% for the U.S. in 2015.
- Forty-five percent (45%) of youth who were sexually active used condoms to prevent pregnancy, 24% used birth control pills, 8% used the withdrawal method, 4% used an IUD and 2% used a shot, patch or birth control ring. However, 8% were engaging in intercourse without a reliable method of protection, and 8% reported they were unsure.
- One percent (1%) of youth reported they had engaged in sexual activity in exchange for something of value, such as food, drugs, shelter or money.

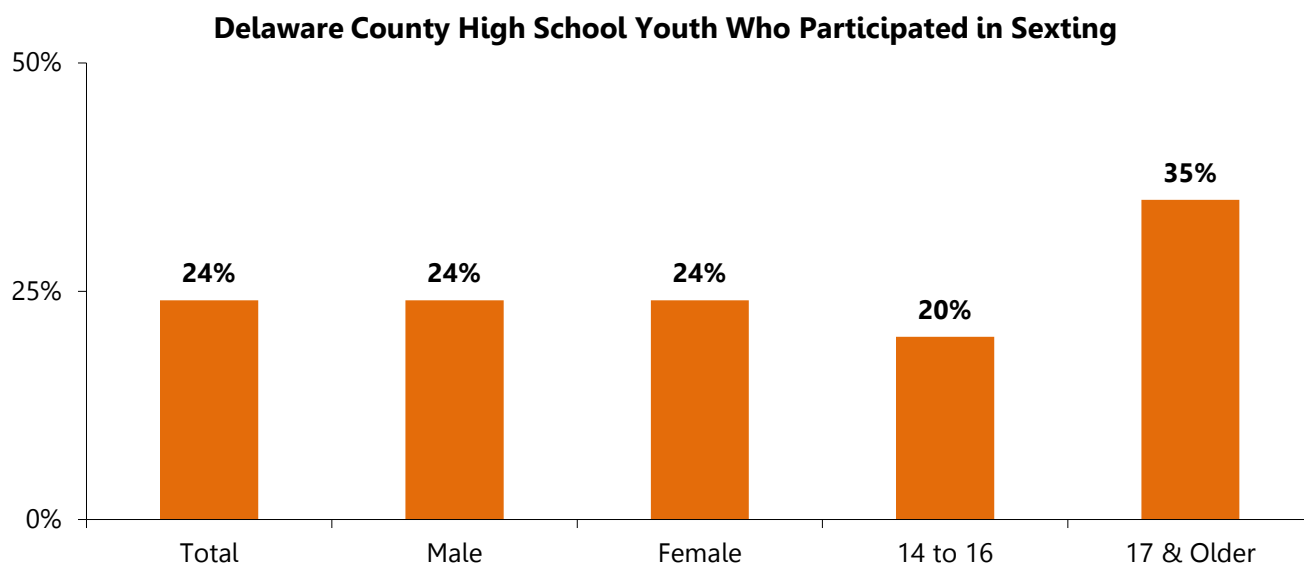
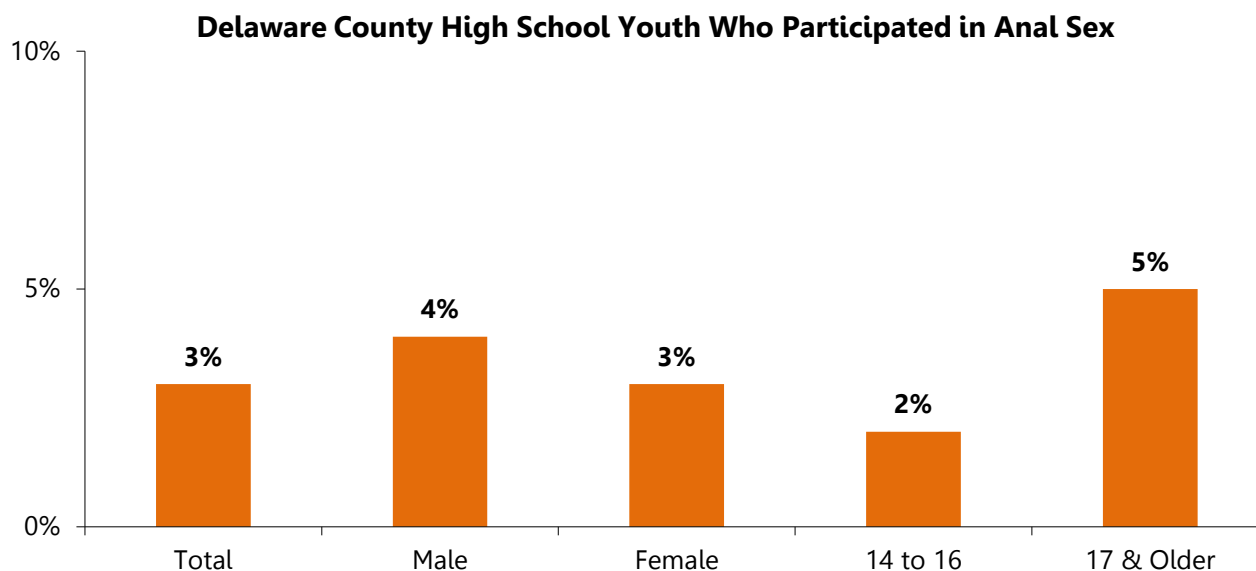
The following graphs show the percentage of Delaware County high school youth who participated in sexual intercourse and oral sex. Examples of how to interpret the information include: 20% of all Delaware County high school youth, 20% of males, and 38% of those 17 years old and older had sexual intercourse.



8% of all Delaware County sexually active high school youth were not using a reliable method of protection to prevent pregnancy.



The following graphs show the percentage of Delaware County high school youth who participated in anal sex and sexting. Examples of how to interpret the information include: 3% of all Delaware County youth, 4% of males, and 3% of females participated in anal sex.



	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Ever had sexual intercourse	N/A	N/A	N/A	N/A	25%	31%	20%	43%	41%
Used a condom at last intercourse	N/A	N/A	N/A	N/A	61%	60%	45%	51%	57%
Used birth control pills at last intercourse	N/A	N/A	N/A	N/A	21%	21%	24%	24%	18%
Did not use any method to prevent pregnancy during last sexual intercourse	N/A	N/A	N/A	N/A	12%	9%	8%	12%	14%
Had four or more sexual partners (of all youth)	N/A	N/A	N/A	N/A	5%	5%	4%	12%	12%
Had sexual intercourse before age 13 (of all youth)	N/A	N/A	N/A	N/A	4%	4%	3%	4%	4%
Drank alcohol or used drugs before last sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	15%	18%	21%

*Middle school youth were not asked sexual health questions

‡Only students in grades 9th, 10th and 11th were asked survey questions

N/A – Not available

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Sexual Risk Behavior

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2015:

- 41% had ever had sexual intercourse
- 30% had sexual intercourse during the previous 3 months, and, of these:
 - 43% did not use a condom the last time they had sex.
 - 14% did not use any method to prevent pregnancy.
 - 21% had drank alcohol or used drugs before last sexual intercourse
- Only 10% of sexually experienced students have ever been tested for HIV

Sexual risk behaviors place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy

- Young people (aged 13-24) accounted for an estimated 22% of all new HIV diagnoses in the United States in 2014.
- Among young people (aged 13-24) diagnosed with HIV in 2014, 80% were gay and bisexual males.
- Half of the nearly 20 million new STDs reported each year are among young people, between the ages 15–24
- Nearly 250,000 babies were born to teen girls aged 15-19 years in 2014.

(Source: CDC, Adolescent and School Health, updated 7/18/16)

Youth Health: Mental Health

Key Findings

In 2016/17, 11% of Delaware County youth indicated they had seriously considered attempting suicide in the past year, with 4% actually attempting suicide in the past year.

6th-12th Grade Youth Mental Health

- In 2016/17, one-fifth (20%) of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (YRBS reported 26% for Ohio in 2013 and 30% for the U.S. in 2015), increasing to 27% of females and 24% of high school youth.
- Eleven percent (11%) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 14% of females. Thirteen percent (13%) of high school youth had seriously considered attempting suicide, compared to the 2015 YRBS rate of 18% for U.S. youth and the 2013 YRBS rate of 14% for Ohio youth.
- In the past year, 4% of Delaware County youth had attempted suicide. Two percent (2%) of youth had made more than one attempt. The 2015 YRBS reported a suicide attempt prevalence rate of 9% for U.S. youth and a 2013 YRBS rate of 6% for Ohio youth.

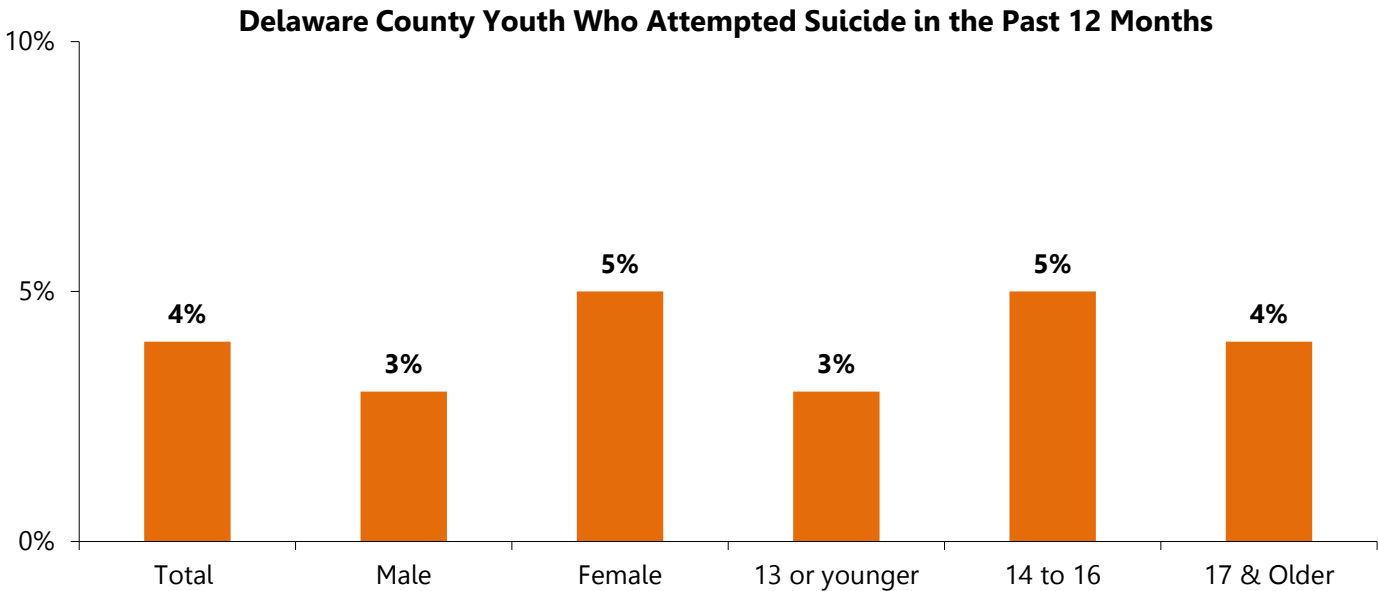
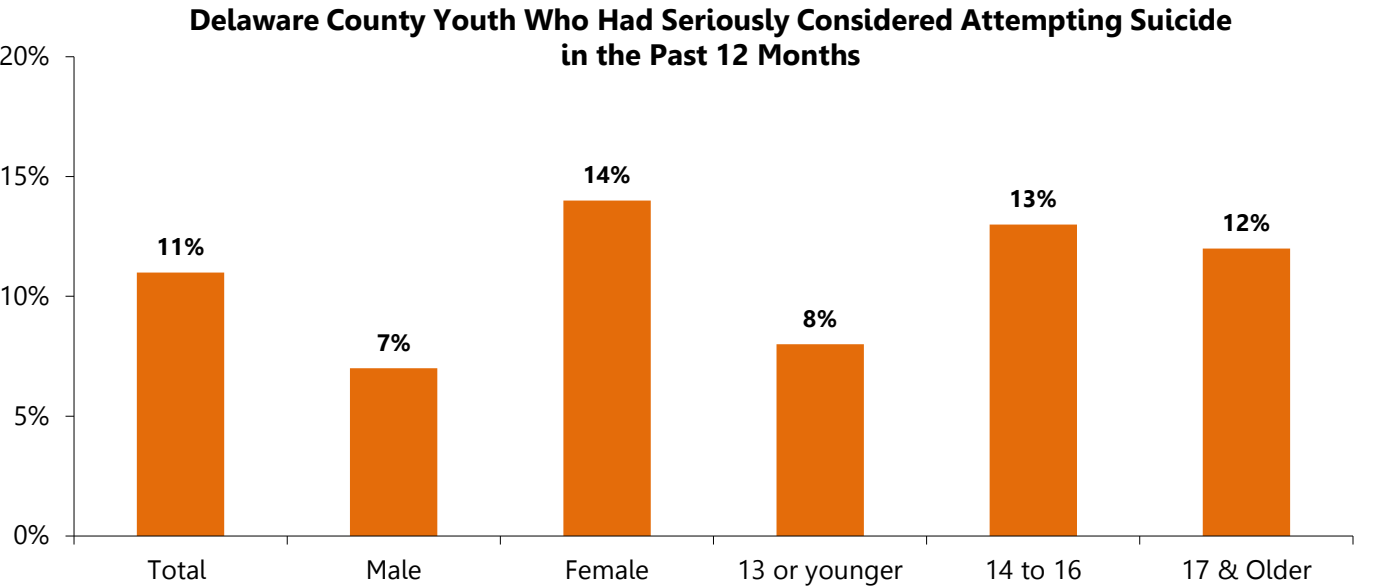
20% of Delaware County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

- Delaware County youth reported the following adverse childhood experiences (ACEs): parents became separated or were divorced (22%); parents or adults in home swore at them, insulted them or put them down (23%); lived with someone who was depressed, mentally ill or suicidal (18%); lived with someone who was a problem drinker or alcoholic (12%); lived with someone who served time or was sentenced to serve in prison or jail (7%); parents were not married (7%); lived with someone who used illegal drugs or misused prescription drugs (7%); parents or adults in home abused them (5%); parents or adults in home abused each other (4%); an adult or someone 5 years older than them touched them sexually (2%); an adult or someone 5 years older tried to make them touch them sexually (1%); and an adult or someone 5 years older than them forced them to have sex (<1%).
- Fifteen percent (15%) of youth had three or more adverse childhood experiences.

High School Youth Mental Health

- Of all high school youth, 1% made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (2013 YRBS reported 1% for Ohio and the 2015 YRBS reported 3% for the U.S.).

The following graphs show the percentage of Delaware County youth who had seriously considered attempting suicide and those who attempted suicide in the past 12 months (i.e., the first graph shows that 11% of all youth, 7% of males and 14% of females had seriously considered attempting suicide in the past 12 months).



Impact of Adverse Childhood Experiences (ACEs) on Risky Behaviors of Delaware County Youth

Youth Behaviors	Three or more ACEs	Zero ACEs
Felt sad or hopeless for 2 or more weeks in a row	46%	10%
Had sexual intercourse in the past 12 months	37%	12%
Have had at least one drink of alcohol in the past 30 days	30%	9%
Seriously considered attempting suicide in the past 12 months	29%	4%
Attempted suicide in the past 12 months	14%	1%
Have used marijuana in the past 30 days	13%	3%
Have smoked cigarettes in the past 30 days	10%	1%
Misused prescription medications in the past 30 days	7%	1%

**Youth who experienced 3 or more Adverse Childhood Experiences (ACEs) in their lifetime were compared to youth who had no ACEs in their lifetime, regarding their risky behaviors.*

Adverse Childhood Experiences (ACE)

- Childhood abuse, neglect, and exposure to other traumatic stressors which we term adverse childhood experiences (ACE) are common. The most common are separated or divorced parents, verbal, physical or sexual abuse, witness of domestic violence, and having a family member with depression or mental illness.
- According to the CDC, 59% of people surveyed in 5 states in 2009 reported having had at least one ACE while 9% reported five or more ACEs.
- The short and long-term outcomes of these childhood exposures include a multitude of health and social problems such as:
 - Depression
 - Fetal death
 - Illicit drug use
 - Liver disease
 - STD's
 - Multiple sexual partners
 - Alcoholism and alcohol abuse
 - COPD
 - Unintended pregnancies
 - Suicide attempts
 - Early initiation of smoking
 - Risk for intimate partner violence
- Given the high prevalence of ACEs, additional efforts are needed at the state and local level to reduce and prevent childhood maltreatment and associated family dysfunction in the US.
- Studies are finding that there is a repetitive dose-response relationship between ACE and levels of exposure. A dose-response means that as the dose of the stressor increases, the intensity of the outcome will increase as well. As the number of ACEs increase so does the risk for the following:
 - Myocardial Infarction
 - Mental Distress
 - Unemployment
 - Diabetes
 - Asthma
 - Disability
 - Stroke
 - Lowered educational attainment

(Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey ACE Data, 2009-2014. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2015)

Healthy People 2020
Mental Health and Mental Disorders (MHMD)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
HMD-2 Reduce suicide attempts by adolescents‡	1% (9-12 Grade)	1% (9-12 Grade)	9% (9-12 Grade)	2%*

*Note: The Healthy People 2020 target is for youth in grades 9-12.

‡This objective is based upon attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

(Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)

Youth Comparisons	Middle School (6 th -8 th)			Delaware County 2016/17 (6 th -12 th)	High School (9 th -12 th)				
	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)		Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Youth who had seriously considered attempting suicide in the past year	N/A	N/A	8%	11%	14%	18%	13%	14%	18%
Youth who had attempted suicide in the past year	N/A	N/A	4%	4%	9%	12%	5%	6%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (of all youth)	N/A	N/A	N/A	N/A	N/A	N/A	1%	1%	3%
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	N/A	N/A	16%	20%	23%	29%	24%	26%	30%

N/A- Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Safety

Key Findings

In 2016/17, 14% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month and 5% of high school drivers had driven after drinking alcohol. Forty-two percent (42%) of high school drivers texted or emailed while driving a car in the past 30 days.

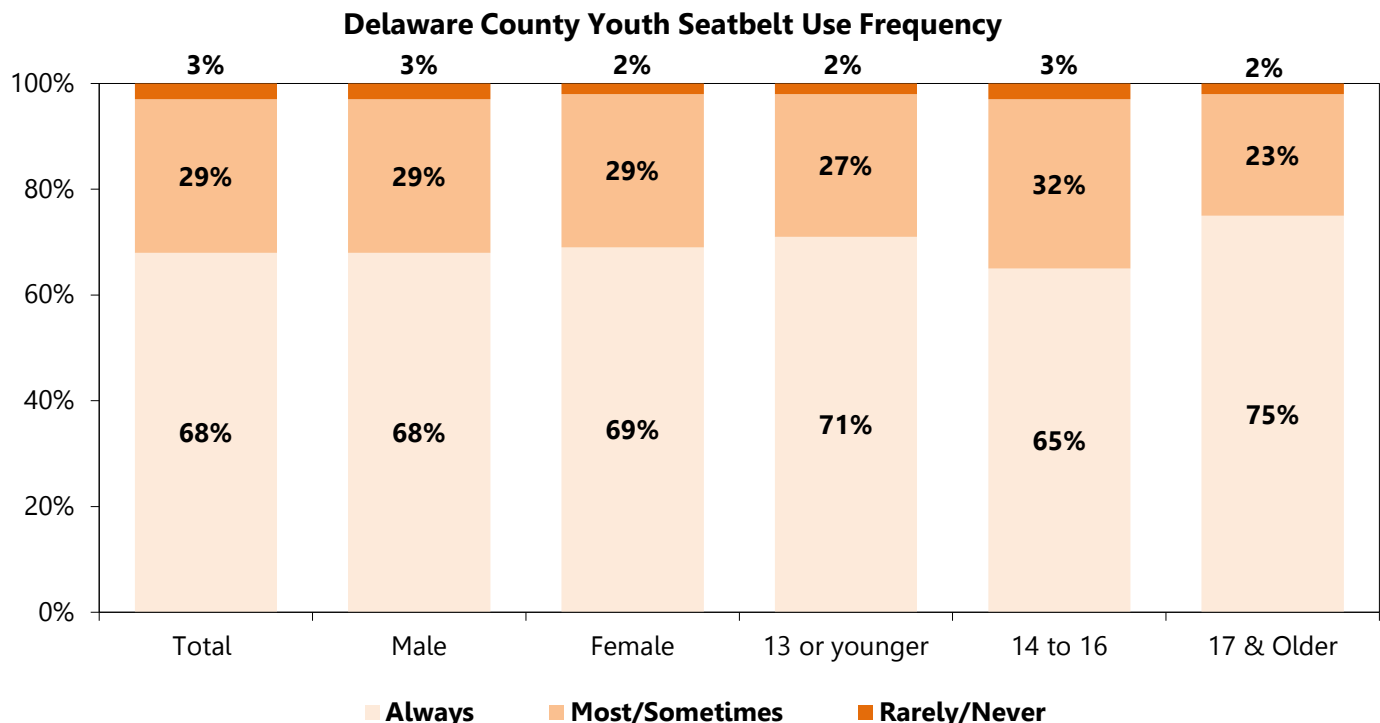
6th-12th Grade Youth Personal Safety

- Three percent (3%) of Delaware County youth reported they rarely or never wore a seat belt when riding in a car driven by someone else (YRBS reported 8% for Ohio in 2013 and 6% for the U.S. in 2015).
- In the past 30 days, 14% of youth had ridden in a car driven by someone who had been drinking alcohol (YRBS reported 17% for Ohio in 2013 and 20% for the U.S. in 2015).
- Nearly one-fifth (18%) of Delaware County youth reported they had a concussion from playing a sport or being physically active in the past 12 months.

High School Youth Personal Safety

- Five percent (5%) of youth drivers had driven a car themselves after drinking alcohol (YRBS reported 4% for Ohio in 2013 and 8% for the U.S. in 2015).
- In the past 30 days, 42% of youth had texted or emailed while driving a car (YRBS reported 46% for Ohio in 2013 and 42% for the U.S. in 2015).

The following graph shows Delaware County youth who always, sometimes and rarely/never wear a seatbelt. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 68% of youth always wore a seat belt, 29% did so sometimes or most of the time and 3% rarely or never wore a seatbelt.



	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th) ‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Rode with someone who had been drinking alcohol in past month	N/A	N/A	15%	14%	18%	16%	14%	17%	20%
Drove a car after drinking alcohol (of youth drivers)	N/A	N/A	N/A	N/A	7%	5%	5%	4%	8%
Never or rarely wore a seat belt	3%	3%	3%	3%	5%	4%	3%	8%	6%
Texted or emailed while driving a car	N/A	N/A	N/A	N/A	N/A	N/A	42%	46%	42%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Teen Drivers

- Motor vehicle crashes are the leading cause of death for U.S. teens.
- In 2014, about 2,270 teens aged 16 to 19 died from motor vehicle injuries.
 - That means that six teens aged 16 to 19 died every day from motor vehicle injuries.
- 221,313 teens aged 16 to 19 were treated in emergency departments for injuries suffered in motor-vehicle crashes.
- The risk of motor vehicle crashes is higher among 16 to 19 year olds than among any other age group. In fact, per mile driven, teen drivers ages 16 to 19 are nearly three times more likely than drivers aged 20 and older to be in a fatal crash.
- In 2014, the motor vehicle death rate for male drivers and passengers ages 16 to 19 was more than two times that of their female counterparts.
- The presence of teen passengers increases the crash risk of unsupervised teen drivers; this risk increases with the number of teen passengers.
- In 2013, young people ages 15-19 represented only 7% of the U.S. population. However, they accounted for 11% (\$10 billion) of the total costs of motor vehicle injuries.

(Source: CDC, Teen Drivers: Get the Facts, updated October 13, 2016)

Youth Health: Violence

Key Findings

In Delaware County, 7% of youth had carried a weapon (such as a gun, knife, or club) in the past 30 days. Nineteen percent (19%) of youth had been involved in a physical fight, increasing to 27% of males. 25% of youth had been bullied on school property in the past year.

6th-12th Grade Youth Violence-Related Behaviors

- In 2016/17, 7% of youth had carried a weapon (such as a gun, knife or club) in the past 30 days; increasing to 10% of males (YRBS reported 14% for Ohio in 2013 and 16% for the U.S. in 2015).
- Four percent (4%) of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school (YRBS reported 5% for Ohio in 2013 and 6% for the U.S. in 2015).
- Six percent (6%) of youth were threatened or injured with a weapon in the past year.
- In the past year, 19% of youth had been involved in a physical fight, increasing to 27% of males. 9% had been in a fight on more than one occasion (YRBS reported 20% for Ohio in 2013 and 23% for the U.S. in 2015).
- Forty-three percent (43%) of youth had been bullied in the past year. The following types of bullying were reported:
 - 32% were verbally bullied (teased, taunted or called harmful names)
 - 26% were indirectly bullied (spread mean rumors about them or kept them out of a “group”)
 - 13% were cyber bullied (teased, taunted or threatened by e-mail or cell phone) (YRBS reported 16% for Ohio in 2013 and 16% for the U.S. in 2015)
 - 8% were physically bullied (were hit, kicked, punched or people took their belongings)
 - 3% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 25% of youth had been bullied on school property (YRBS reported 21% for Ohio in 2013 and 20% for the U.S. in 2015).

High School Youth Violence-Related Behaviors

- Six percent (6%) of high school youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months (2015 YRBS reported 10% for the U.S.).
- Eight percent (8%) of high school youth had been forced to participate in a sexual activity when they did not want to, increasing to 12% of females (2015 YRBS reported 11% for the U.S.).

Middle School Extracurricular Activities

- Eighty-five percent (85%) of Delaware County middle school youth participated in extracurricular activities at least one day per week. Almost one-third (31%) participated in 3 or more extracurricular activities.
- Delaware County middle school youth participated in the following extracurricular activities: sports teams (66%); art/music/dance lessons (32%); school based after school program (24%); tutoring/homework assistance program (18%); leadership/service clubs (Key Club, Student Council) (17%); youth organization (4-H, Cub/Girl Scouts) (14%); after school programs (SACC, Big Brothers, Big Sisters) (4%); or some other activity (61%).

Types of Bullying Delaware County Youth Experienced in the Past Year

Youth Behaviors	Total	Male	Female	13 and younger	14-16 Years old	17 and older
Verbally Bullied (teased, taunted or called harmful names)	32%	30%	35%	38%	30%	24%
Indirectly Bullied (spread mean rumors about them or kept them out of a "group")	26%	17%	35%	26%	27%	24%
Cyber Bullied (teased, taunted or threatened by e-mail or cell phone)	13%	9%	17%	12%	14%	12%
Physically Bullied (were hit, kicked, punched or people took their belongings)	8%	10%	7%	12%	7%	4%
Sexually Bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)	3%	1%	4%	2%	4%	2%

Behaviors of Delaware County Youth

Bullied vs. Non-Bullied

**There is a correlation between being bullied and other risky behaviors*

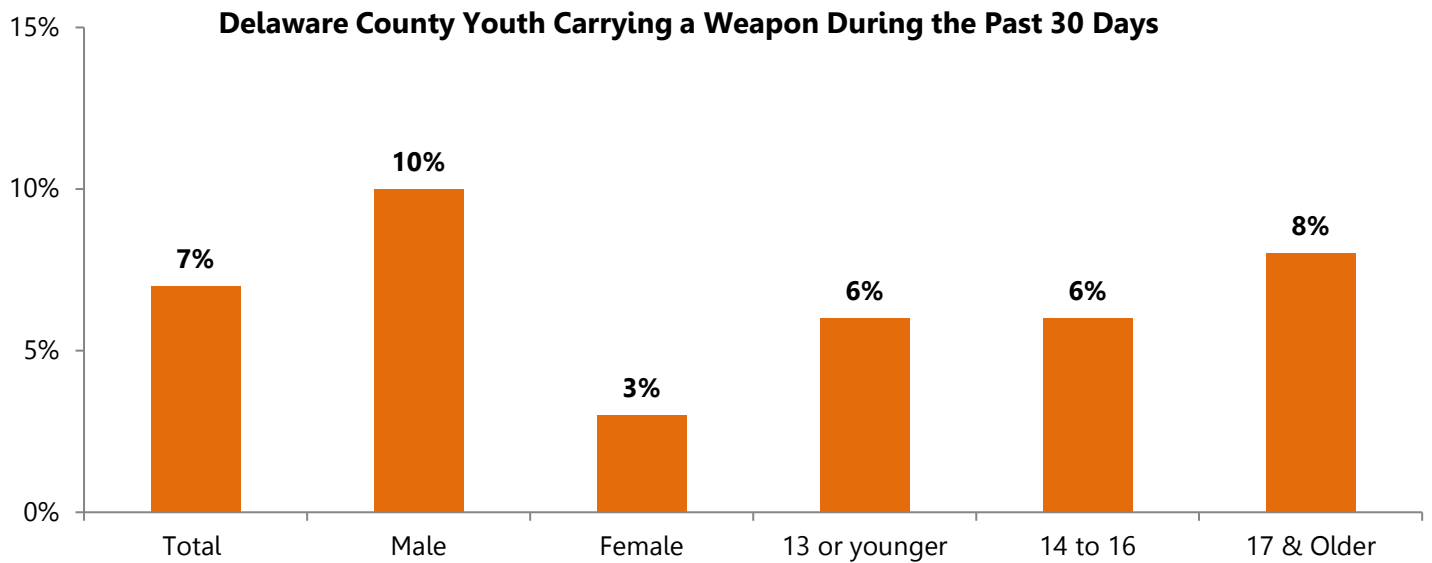
Youth Behaviors	Bullied	Non-Bullied
Felt sad or hopeless for 2 or more weeks in a row	33%	12%
Contemplated suicide in the past 12 months	18%	5%
Have drank alcohol in the past 30 days	17%	12%
Attempted suicide in the past 12 months	8%	1%
Have used marijuana in the past 30 days	6%	4%
Misused prescription medications in the past 30 days	4%	2%
Have smoked cigarettes in the past 30 days	4%	2%

Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Delaware County 2016/17	Ohio 2013	U.S. 2015	Healthy People 2020 Target
IVP-35 Reduce bullying among adolescents	25% (6-12 Grade) 22% (9-12 Grade)	21% (9-12 Grade)	20% (9-12 Grade)	18%*

**Note: The Healthy People 2020 target is for youth in grades 9-12 who reported they were bullied on school property in the past year. (Sources: Healthy People 2020 Objectives, 2013 YRBS for Ohio and 2015 YRBS for U.S., CDC/NCHHSTP, 2016/17 Delaware County Health Assessment)*

The following graph shows Delaware County youth who carried a weapon in the past 30 days. The graph shows the number of youth in each segment giving each answer (i.e., the graph shows that 7% of all youth, 10% of males, and 3% of females had carried a weapon in the past 30 days).



Understanding Bullying

- Bullying is a form of youth violence. CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths who are not siblings or current dating partners that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated.
- Bullying can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood.
- Some of the factors associated with a higher likelihood of bullying behavior include:
 - Externalizing problems such as defiant and disruptive behavior
 - Harsh parenting by caregivers
 - Attitudes accepting of violence
- Some of the factors associated with a higher likelihood of victimization include:
 - Poor peer relationships
 - Low self-esteem
 - Perceived by peers as different or quiet

(Source: CDC, Injury Center: Violence Prevention, Understanding Bullying Fact Sheet, 2016)

	Middle School (6 th -8 th)				High School (9 th -12 th)				
Youth Comparisons	Delaware County 2013/14 (6 th -8 th)	Delaware County 2014/15 (6 th -8 th)	Delaware County 2016/17 (6 th -8 th)	Delaware County 2016/17 (6 th -12 th)	Delaware County 2013/14 (9 th -11 th)‡	Delaware County 2014/15 (9 th -12 th)	Delaware County 2016/17 (9 th -12 th)	Ohio 2013 (9 th -12 th)	U.S. 2015 (9 th -12 th)
Carried a weapon in past month	N/A	N/A	6%	7%	15%	19%	7%	14%	16%
Been in a physical fight in past year	N/A	N/A	24%	19%	21%	19%	15%	20%	23%
Threatened or injured with a weapon in past year	N/A	N/A	7%	6%	N/A	N/A	6%	N/A	N/A
Did not go to school because felt unsafe	N/A	N/A	4%	4%	6%	6%	3%	5%	6%
Electronically/cyber bullied in past year	N/A	N/A	12%	13%	21%	18%	13%	15%	16%
Bullied on school property in past year	N/A	N/A	30%	25%	24%	21%	22%	21%	20%
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in past year	N/A	N/A	N/A	N/A	10%	10%	6%	N/A	10%
Physically forced to participate in sexual activity	N/A	N/A	N/A	N/A	9%	8%	8%	N/A	11%

N/A – Not available

‡Only students in grades 9th, 10th and 11th were asked survey questions

Trend data from the 2013/2014 and 2014/2015 reports included 2 of the 4 public school districts per school year. Comparisons should be used with caution.

Youth Health: Perceptions of Substance Abuse

Key Findings

In 2016/17, 70% of Delaware County youth thought there was a great risk in harming themselves if they smoked cigarettes. Fourteen percent (14%) of youth thought that there was no risk in harming themselves physically or in other ways if they smoke marijuana once or twice a week. Eighty-seven percent (87%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

6th-12th Grade Perceived Risk of Substance Use

- Nearly three-fourths (70%) of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they smoked one or more packs of cigarettes per day. Three percent (3%) of youth thought that there was no risk for smoking one or more packs of cigarettes per day.
- Two-fifths (40%) of youth thought there was great risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Fourteen percent (14%) of youth thought that there was no risk if they smoked marijuana once or twice a week.
- Nearly two-fifths (38%) of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they drank five or more alcoholic beverages once or twice a week. Five percent (5%) of youth thought that there was no risk in drinking five or more alcoholic beverages once or twice a week.
- Sixty-four percent (64%) of Delaware County youth thought there was a great risk in harming themselves physically or in other ways if they used prescription drugs that were not prescribed for them. Three percent (3%) of youth thought that there was no risk in misusing prescription drugs.

6th-12th Grade Degree of Disapproval of Use by Parents

- Ninety percent (90%) of youth reported their parents would feel it was very wrong for them to smoke cigarettes.
- Eighty-eight percent (88%) of Delaware County youth reported their parents would feel it was very wrong for them to use marijuana.
- Eighty-seven percent (87%) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 76% of those ages 17 and older.
- Eighty-nine percent (89%) of youth reported their parents would feel it was very wrong for them to misuse prescription medications.

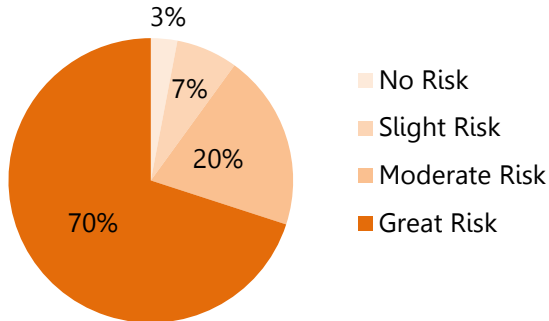
6th-12th Grade Degree of Disapproval of Use by Peers

- About two-thirds (64%) of youth reported their peers would feel it was very wrong for them to smoke cigarettes, increasing to 81% of youth under the age of 13.
- Sixty-three percent (63%) of Delaware County youth reported their peers would feel it was very wrong for them to use marijuana.
- Sixty-one percent (61%) of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 34% of those ages 17 and older.
- Sixty-nine percent (69%) of youth reported their peers would feel it was very wrong for them to misuse prescription medications.

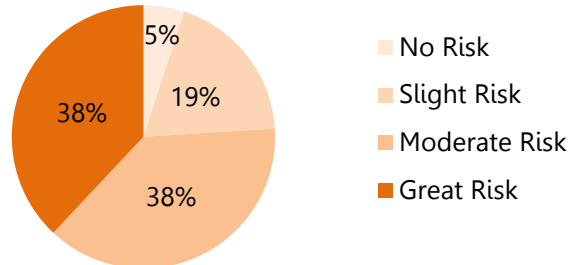
Perceived Risk of Drug Use

How much do you think people risk harming themselves if they:

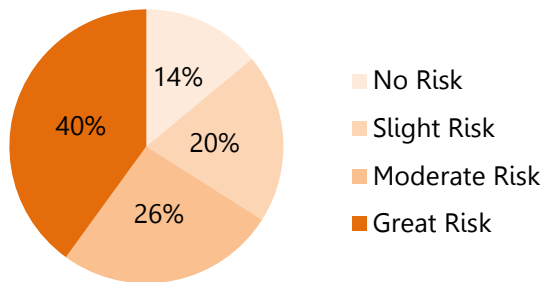
Smoke one or more packs of cigarettes per day



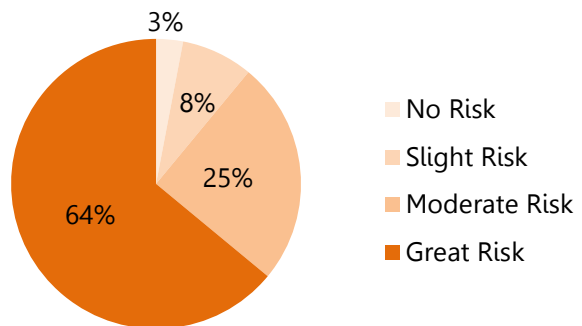
Have five or more drinks of an alcoholic beverage once or twice a week



Smoke marijuana once or twice a week



Misuse prescription drugs



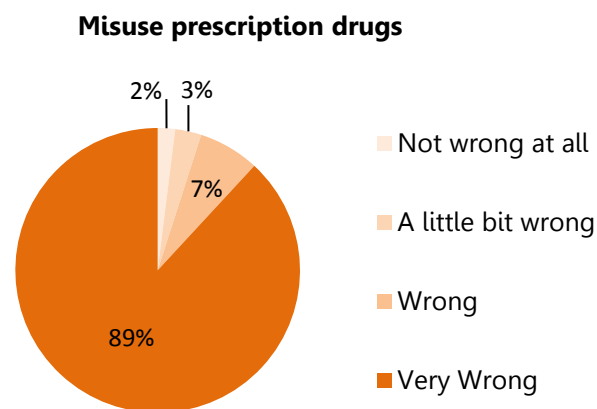
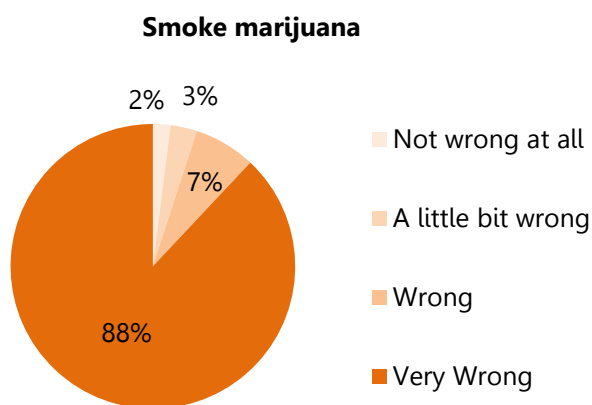
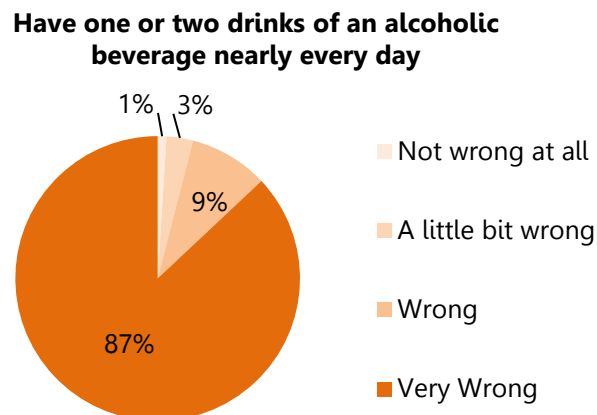
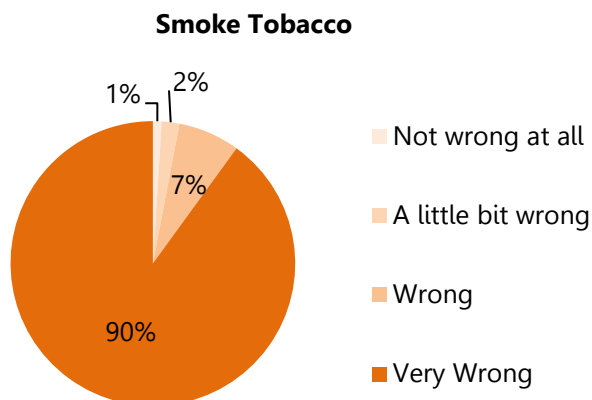
Perceived Great Risk of Substance Use*

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke one or more packs of cigarettes per day	70%	72%	68%	73%	69%	68%
Have five or more drinks of an alcoholic beverage once or twice a week	38%	43%	34%	41%	39%	29%
Smoke marijuana once or twice a week	40%	44%	36%	58%	32%	14%
Misusing prescription drugs	64%	67%	62%	65%	64%	62%

*Of those youth who reported great risk of substance use

Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:

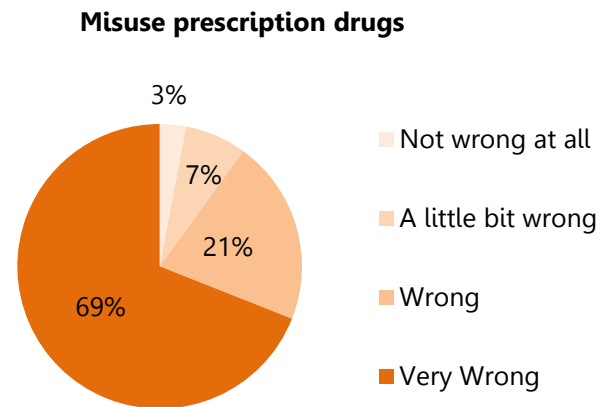
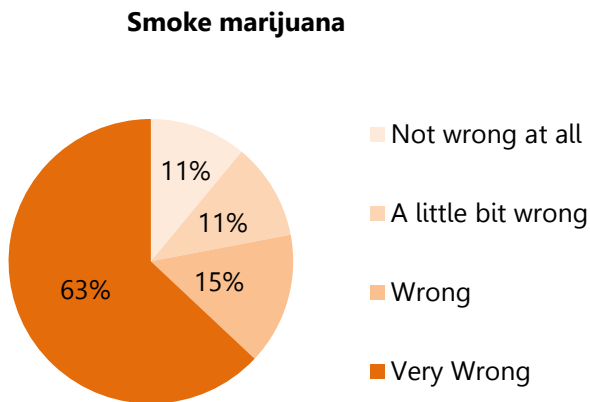
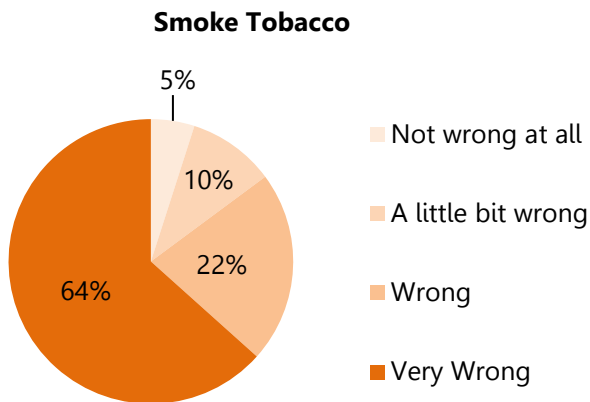


Perceived Degree of Great Disapproval by Parents

Parents feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	90%	93%	87%	96%	89%	76%
Having one or two drinks of an alcoholic beverage nearly every day	87%	90%	84%	92%	86%	76%
Smoke marijuana	88%	90%	86%	96%	86%	72%
Misusing prescription drugs	89%	91%	88%	91%	89%	87%

Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:



Perceived Degree of Great Disapproval by Peers

Friends feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
Smoke tobacco	64%	70%	57%	81%	57%	35%
Having one or two drinks of an alcoholic beverage nearly every day	61%	67%	54%	78%	55%	34%
Smoke marijuana	63%	68%	58%	87%	53%	26%
Misusing prescription drugs	69%	74%	65%	77%	67%	55%

Child Health: Health and Functional Status

Key Findings

In 2017, 13% of children were classified as obese by Body Mass Index (BMI) calculations. Eighty-six percent (86%) of Delaware County parents had taken their child to the dentist in the past year. Eight percent (8%) of Delaware County parents reported their child had been diagnosed with asthma. Eleven percent (11%) of parents reported their child had been diagnosed with Attention Deficit Disorder (ADD)/Attention Deficit Hyperactivity Disorder (ADHD).

General Health Status

- In 2017, 97% of Delaware County parents rated their child's health as excellent or very good. Three percent (3%) of parents rated their child's health as fair. No parent reported their child's health was poor.
- Ten percent (10%) of children were born more than three weeks before their due date.
- Parents reported their child got the following amounts of sleep on an average weeknight: 8 hours or less (20%), 9 hours (31%), 10 hours (30%), and 11 hours or more (19%).
- Eighty-six percent (86%) of children had been to the dentist in the past year, increasing to 97% of 6-11 year olds.
- Parents gave the following reasons for not getting dental care for their child: child was not old enough to go to the dentist (12%), cost (3%), no insurance (2%), treatment was ongoing (2%), child refused to go (1%), no referral (1%), not available in area/transportation problems (<1%), no convenient times/could not get appointment (<1%), and other (2%).
- On a typical day, Delaware County parents reported their child read outside of school: never (6%), less than an hour (64%), 1 to 2 hours (29%), and 3 to 4 hours (1%).

97% of Delaware County parents rated their child's health as excellent or very good.

Weight Status, Nutrition, & Screen Time

- Thirteen percent (13%) of children were classified as obese by Body Mass Index (BMI) calculations. Nine percent (9%) of children were classified as overweight, 68% were normal weight, and 10% were underweight.
- Seven percent (7%) of Delaware County children ate 5 or more servings of whole fruit per day. Thirty-four percent (34%) ate 3 to 4 servings per day, 58% ate 1 to 2 servings per day, and 1% ate 0 servings per day.
- Four percent (4%) of Delaware County children ate 5 or more servings of whole vegetables per day. About one-fifth (21%) ate 3 to 4 servings per day, 69% ate 1 to 2 servings per day, and 6% ate 0 servings per day.
- One percent (1%) of Delaware County children consumed 5 or more servings of sugar-sweetened beverages per day. Four percent (4%) drank 3 to 4 servings per day, 37% consumed 1 to 2 servings per day, and 58% consumed 0 servings per day.
- Less than one percent (<1%) of Delaware County children consumed 5 or more servings of caffeinated beverages per day. One percent (1%) consumed 3 to 4 servings per day, 5% consumed 1 to 2 servings of per day, and 94% drank 0 servings per day.
- In a typical week, parents reported that their child ate the following number of meals from a restaurant or takeout food: 1 to 2 (73%), 3 to 4 (16%), and 5 or more (2%). Nine percent (9%) of parents reported they did not eat out or bring takeout home to eat in a typical week.
- Delaware County children ate breakfast on the following occasions in the past week: 1 to 2 days (<1%), 3 to 4 days (3%), and 5 or more days (97%).

- On a typical day, parents reported their child spends the following amount of time on cell phones, handheld games, computer/tablets (excluding school work), and in front of a TV watching videos, DVDs, TV programs, or playing video games: less than an hour (25%), 1 to 2 hours (54%), 3 to 4 hours (14%), and 5 or more hours (2%). Five percent (5%) indicated their child spent 0 hours on a typical day.

Health Conditions

- Parents reported their child had the following allergies: environmental allergies (21%), animal allergies (8%), other food allergies (4%), peanuts (3%), milk (2%), red dye (1%), wheat (1%), eggs (1%), bees (1%), gluten (1%), soy (1%), and other (3%). Of those with allergies, 5% had an Epi-pen.
- A doctor, health professional, or health educator told Delaware County parents their 0-11 year old child had the following conditions:
 - ADD/ADHD (11%)
 - Speech and language problems (8%)
 - Asthma (8%)
 - Anxiety problems (7%)
 - Developmental delay/physical impairment (4%)
 - Behavioral/conduct problems (4%)
 - Developmental delay (4%)
 - Genetic or inherited condition (4%)
 - Learning disability (2%)
 - Head injury (concussion) (2%)
 - Autism (2%)
 - Depression problems (1%)
 - Cerebral palsy (1%)
 - Eating disorder (1%)
 - Epilepsy/seizure disorder (<1%)
- Thirteen percent (13%) of Delaware County children ages 0-11 years old had more than one health condition.
- More than one-third (35%) of children diagnosed with asthma had an asthma attack within the past 12 months.
- One quarter (25%) of children diagnosed with autism/Autism Spectrum Disorder (ASD) or a developmental delay had received therapy services such as Early Intervention, occupational therapy or behavioral therapy.

Child Comparisons	Delaware County 2017 Ages 0-5	Ohio 2016 Ages 0-5	U.S. 2016 Ages 0-5	Delaware County 2017 Ages 6-11	Ohio 2016 Ages 6-11	U.S. 2016 Ages 6-11
Rated health as excellent or very good	99%	94%	93%	96%	91%	89%
Dental care visit in the past year	63%	54%*	59%*	97%	95%	91%
Diagnosed with asthma	3%	9%	6%	10%	16%	15%
Diagnosed with ADHD/ADD	2%	2%**	3%**	15%	13%	9%
Diagnosed with behavioral or conduct problems	0%	3%**	5%**	6%	13%	11%
Diagnosed with epilepsy	<1%	N/A	1%	0%	N/A	1%
Diagnosed with a head injury, brain injury or concussion	2%	N/A	1%	2%	N/A	2%
Diagnosed with diabetes	0%	N/A	N/A	0%	N/A	<1%
Children who were born premature (more than 3 weeks before their due date)	12%	9%	11%	10%	11%	12%
Child had one or more health conditions	6%	22%	22%	16%	46%	42%

* Ages 1-5

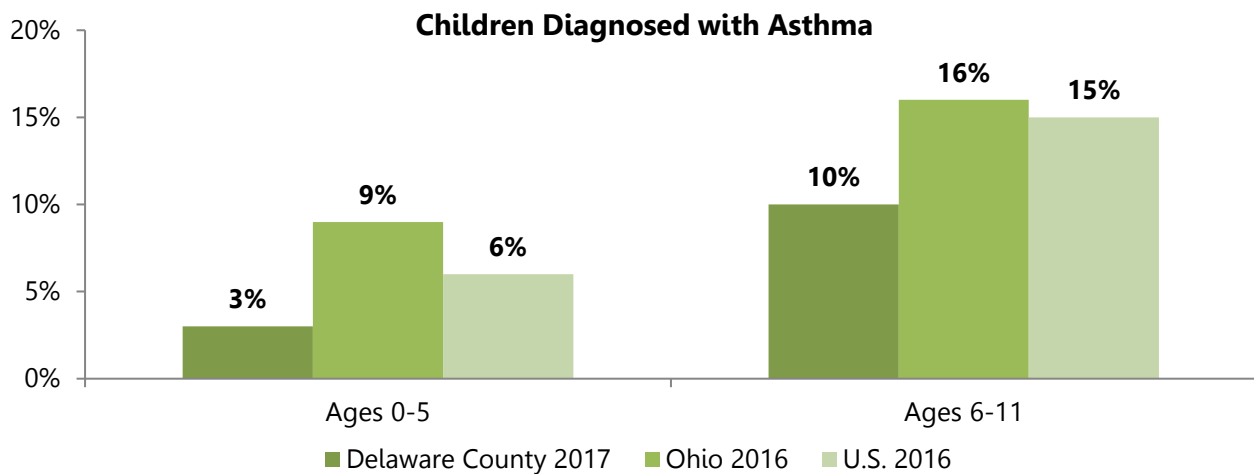
** Ages 3-5

N/A – Not Available

Asthma

The following graph shows the percent of children who were diagnosed with asthma.

- Delaware County had a lower percentage of children ages 0-5 who were diagnosed with asthma compared to both Ohio and the U.S.



(Sources: National Survey of Children's Health & 2017 Delaware County Health Assessment)

Asthma and Children

- Asthma is the most common chronic condition among children, currently affecting an estimated 6.2 million children under 18 years old, of which 3.1 million suffered from an asthma attack or episode in 2015.
- An asthma episode is a series of events that results in constricted airways. These include swelling of the airway lining, tightening of the muscle around the airways and increased secretion of mucus inside the airway. This narrowed airway causes difficulty breathing with the familiar "wheeze."
- When a child has asthma, their lungs are extra sensitive to certain "triggers." Each child reacts differently to the factors that may trigger asthma, including:
 - Excitement/stress
 - Indoor and outdoor air pollutants
 - Exposure to cold air or sudden temperature change
 - Allergic reactions to allergens such as pollen, dust, or mold
 - Respiratory infections and colds
 - Cigarette smoke
- Secondhand smoke can cause serious harm to children. An estimated 400,000 to one million children with asthma have their condition worsened due to secondhand smoke.
- Asthma can be life-threatening if not properly managed. In 2014, 161 children under 15 years old died from asthma.
- Asthma is the third leading cause of hospitalization among children under the age of 15.
- Asthma is one of the leading causes of school absenteeism. In 2013, asthma accounted for 13.8 million lost school days in school-aged children with an asthma episode in the previous year.

(Source: American Lung Association, Asthma & Children Fact Sheet, 2017)

Child Health: Health Care Access

Key Findings

In 2017, 1% of parents reported their child did not currently have health insurance. Sixty-six percent (66%) of children in Delaware County received a flu shot in the past 12 months. Ninety-seven percent (97%) of children had visited their health care provider for preventive care in the past year, increasing to 99% of 0-5 year olds.

Health Insurance

- One percent (1%) of parents reported their child did not currently have health insurance.
- Delaware County children had the following types of health insurance: parent's employer (91%); Medicaid, Buckeye, Paramount Elite, Molina, United, Care Source, or State Children's Health Insurance Program (S-CHIP) (4%); self-paid (2%); multiple types (1%); Tricare or other military health care (1%); Insurance Marketplace (1%); and Medicare (<1%);
- Parents reported their child's health insurance covered the following: well visits (99%), immunizations (99%), doctor visits (98%), hospital stays (97%), prescription coverage (97%), dental (92%), vision (83%), mental health (82%), and therapies (speech, occupational therapy, physical therapy, etc.) (73%).

Medical Home

- Eighty-nine percent (89%) of parents reported they had one or more people they think of as their child's personal doctor or nurse.
- Ninety-seven percent (97%) of children had visited their health care provider for preventive care in the past year, increasing to 99% of 0-5 year olds.
- In 2017, 99% of Delaware County parents reported that their child had one particular place they usually went to if they were sick or needed advice about their health. They reported the following places: doctor's office (96%), retail store clinic or "minute clinic" (2%), clinic or health center (1%), hospital emergency room (<1%), some other place (<1%), and alternate therapies (<1%).
- Delaware County children had been referred and went to the following specialists: pediatric ophthalmologist (24%); ear, nose, and throat (ENT) doctor (21%); allergist (14%); psychiatrist/mental health provider (11%); dermatologist (10%); neurologist (4%); cardiologist (heart doctor) (4%); endocrinologist (diabetes doctor) (2%); developmental pediatrician (3%); pulmonologist (lung doctor) (1%); and other specialist (12%).

Access and Utilization

- Sixty-six percent (66%) of children in Delaware County received a flu shot in the past 12 months.
- Ninety-five percent (95%) of Delaware County children had received all the recommended vaccinations.
- Five percent (5%) of children did not get all of their recommended vaccinations for the following reasons: child had received some, but not all, recommended vaccinations (45%); parents chose not to vaccinate their child (36%); fear of negative effects (18%); alternate vaccination schedule used (14%); religious or cultural beliefs (9%); vaccine not available at their doctor's office (5%); not sure which are recommended (5%); and other reasons (18%).
- Five percent (5%) of parents reported their child did not get all the medical care they needed in the past year. They reported the following reasons: cost (57%), inconvenient times/could not get an appointment (19%), too long of a wait for an appointment (19%), dissatisfaction with doctor (14%), treatment is ongoing (10%), unreliable or lack of child care (10%), dissatisfaction with office staff (10%), could not find a doctor who accepted child's insurance (5%), no insurance (5%), not available in area/transportation problems (5%), specialist not available (5%), health plan problem (5%), doctor did not know how to treat or provide care (5%), no referral (5%), did not know where to go for treatment (5%), and other reasons (14%).

- Parents reported their child needed the following special services in the past year: counseling (7%); speech therapy (5%); occupational therapy (4%); physical therapy (4%); psychiatry (2%); medical equipment, such as a wheelchair (2%); special education (2%); and out of home care (<1%). Five percent (5%) of children needed more than one special service in the past year.
- Thirteen percent (13%) of parents reported their child did not get all of the prescription medications they needed in the past year for the following reasons: their child was not prescribed medication (86%), cost (13%), health plan problem (4%), no referral (4%), did not think their child needed it (2%), dissatisfaction with doctor (2%), treatment is ongoing (2%), and other (4%).
- Eleven percent (11%) of parents reported their child received mental health treatment or counseling in the past 12 months.
- Fifteen percent (15%) of parents reported their child did not get all the mental health/behavioral health care they needed in the past year. They reported the following reasons: no referral (61%), cost (7%), inconvenient times/could not get an appointment (7%), could not find a doctor who accepted child's insurance (6%), they did not know where to go for treatment (6%), too long of a wait for an appointment (4%), health plan problem (4%), transportation problem/not available in the area (4%), specialist not available (2%), dissatisfaction with doctor (2%), dissatisfaction with office staff (2%), and other reasons (22%).

Child Comparisons	Delaware County 2017 Ages 0-5	Ohio 2016 Ages 0-5	U.S. 2016 Ages 0-5	Delaware County 2017 Ages 6-11	Ohio 2016 Ages 6-11	U.S. 2016 Ages 6-11
Had public insurance	5%	28%	37%	4%	33%	38%
Had been to the doctor for preventive care in past year	99%	91%	89%	96%	83%	79%
Had a personal doctor or nurse	87%	75%	74%	90%	77%	72%
Child received treatment or counseling from a mental health professional in the past year	3%	1%*	3%	14%	10%	10%

*3-5 years old

Children's Mental Health

- **What are mental health disorders?**
 - Mental health disorders among children are described as serious changes in the way children usually learn, behave, or handle their emotions, which cause distress and problems getting through the day.
- **What are the symptoms of mental disorders?**
 - Symptoms may change over time as a child grows and may include difficulties with the way a child plays, learns, speaks, and acts or how the child handles their emotions. Diagnosis often occurs in the school years; however, some children with a disorder may not be recognized or diagnosed as having one.
- **How are mental health disorders treated?**
 - Childhood mental health disorders can be treated and managed. There are many treatment options based on the most current medical evidence and doctors should work closely with everyone involved in the child's treatment (teachers, coaches, therapists, family members, etc.).
 - Early diagnosis and appropriate treatment can make a huge difference in the lives of children with mental health disorders.

(Source: CDC, Children's Mental Health, Updated March 2017)

Child Health: Early Childhood (Ages 0-5)

Key Findings

The following information was reported by parents of 0-5 year olds. Ninety percent (90%) of parents put their child to sleep on his/her back. Ninety-four percent (94%) of mothers breastfed their child. Sixty-six percent (66%) of Delaware parents reported in the past week they or another family member read to their child every day.

Early Childhood

The following information was reported by Delaware County parents of 0-5 year olds:

- When asked how they put their child to sleep as an infant, 90% said on their back, 6% said on their stomach, 3% said in bed with them or another person, and 2% said on their side.
- Mothers breastfed their child less than 3 months (20%), 4 to 6 months (13%), 7 to 9 months (6%), 10 to 12 months (29%), more than one year (22%), still breastfeeding (4%), and never breastfed (6%).
- Delaware County mothers reported the following reasons for not breastfeeding for 1 year: did not produce enough milk (35%), did not want to (11%), did not have time (6%), mother had medical issues (5%), inconvenient (4%), did not have workplace support (4%), did not have adequate support (3%), medical issue with baby (2%), and other (3%).

95% of Delaware County mothers received prenatal care within the first 3 months of pregnancy.

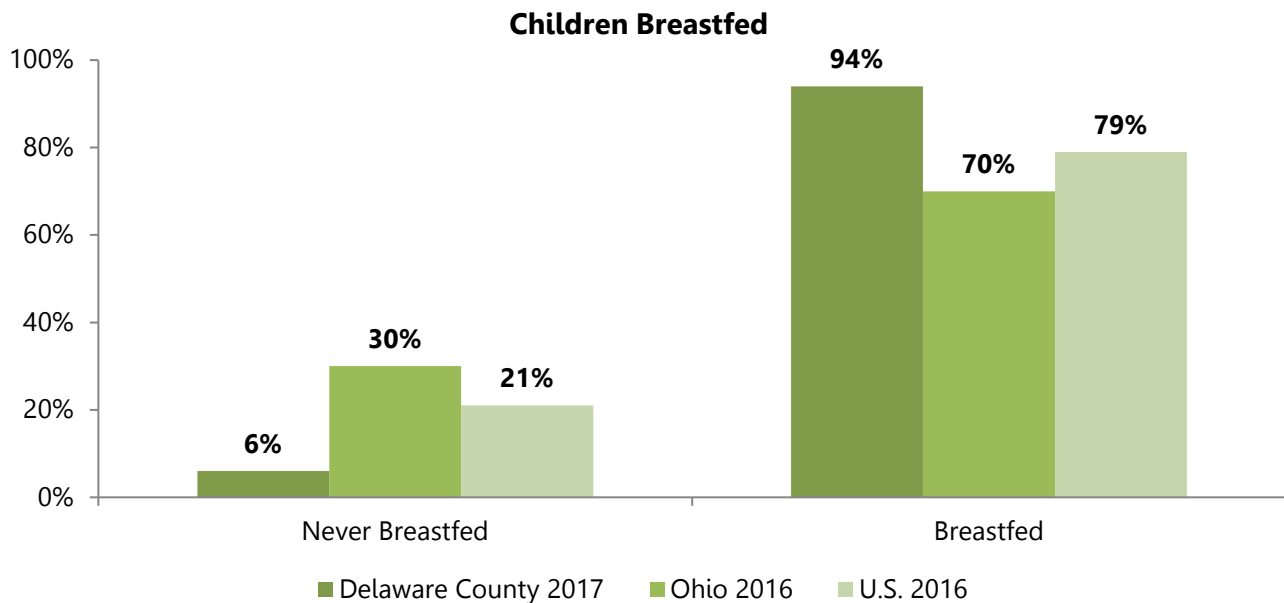
- During their last pregnancy, mothers did the following: got prenatal care within the first 3 months (95%), took a multi-vitamin with folic acid during pregnancy (95%), took a multi-vitamin with folic acid pre-pregnancy (84%), got a dental exam (75%), took folic acid during pregnancy (36%), took folic acid pre-pregnancy (27%), experienced depression during or after pregnancy (13%), received WIC services (6%), consumed alcoholic beverages (4%), experienced domestic violence (1%), smoked cigarettes or other tobacco products (1%), and 2% did none of these things.
- Two-thirds (66%) of Delaware County parents reported in the past week they or another family member read to their child every day. Fourteen percent (14%) reported 4 to 6 days, and 17% reported 1 to 3 days. Three percent (3%) reported they or a family member did not read to their child in the past week.
- Children 0-5 years old were more likely than children 6-11 years old to have:
 - Rated their health described as excellent or very good (99% compared to 96% of 6-11 years old).
 - Received all the medical care they needed (98% compared to 93% of 6-11 years old).

Child Comparisons	Delaware County 2017 0-5 Years	Ohio 2016 0-5 years	U.S. 2016 0-5 years
Never breastfed their child	6%	32%	21%
Family read to child every day in the past week	66%	39%	38%

Breastfeeding

The following graph shows the percent of infants who had been breastfed or given breast milk for Delaware County, Ohio, and U.S.

- Delaware County had a larger percent of children who had been breastfed for any length of time, compared to Ohio and the U.S.



(Sources: National Survey of Children's Health & 2017 Delaware County Health Assessment)

Sleep-Related Infant Deaths: Who is at Greater Risk?

All infants are at risk for sleep-related deaths, but we know the risks are much greater for:

- Infants who bed share:** 58% of sleep-related deaths occurred while the infant was sharing a sleep surface with another person.
- Infants not placed to sleep on their backs:** Only 36% of sleep-related deaths had been placed to sleep on their backs.
- Infants not placed to sleep in a crib:** 71% of sleep-related deaths occurred when infants were sleeping some place other than a crib or bassinet. 45% occurred in adult beds.
- Infants exposed to tobacco smoke:** 43% of sleep-related deaths were to infants exposed to tobacco smoke in utero and/or after birth. It is estimated that one-third of SIDS deaths would be prevented if maternal smoking during pregnancy were eliminated.
- Younger infants:** Sleep-related deaths decrease substantially after 3 months of age. 88% occurred prior to 6 months of age.
- African-American infants:** 38% of sleep-related deaths were African-American infants, which is disproportionately higher than their representation in the general infant population (15 percent). Differences in the prevalence of safe-sleep positioning and other environment conditions among races may contribute to this disparity.

(Source: ODH, Maternal and Child Health, Early Childhood, 2014, Sleep-Related Infant Deaths, 2017)

Child Health: Middle Childhood (Ages 6-11)

Key Findings

The following information was reported by Delaware County parents of 6-11 year olds. Almost one-quarter (24%) of parents of 6-11 year olds reported their child had an email, Facebook, Twitter, Instagram or other social network account. Forty-three percent (43%) of parents reported their child was bullied in the past year.

Middle Childhood

The following information was reported by Delaware County parents of 6-11 year olds:

- Delaware County children were enrolled in the following types of schools: public (87%), private (11%), and home-schooled (2%).
- Parents reported the extent in which they agreed that their child is safe in school. They reported the following: definitely agree (84%), somewhat agree (16%), and somewhat disagree (<1%).
- In the past 12 months, parents reported their child missed school because of illnesses or injuries at the following frequencies: 1 to 3 days (59%), 4 to 6 days (15%), and 7 to 10 days (3%). Twenty-one percent (21%) reported their child did not miss any days of school in the past 12 months.
- Delaware County parents reported their child felt unhappy, sad, or depressed at the following frequencies: sometimes (61%), never (38%), and usually (1%). One percent (1%) of parents reported they do not know how often their child feels unhappy, sad or depressed.
- Delaware County parents reported their child felt withdrawn and did not get involved with others: never (74%), sometimes (24%), usually (1%), and always (<1%). One percent (1%) of parents reported they did not know how often their child was withdrawn and did not get involved with others.
- Parents reported they had to contact the following agencies to help with problems they had with their child: child's school (13%), mental health (7%), Board of Developmental Disabilities (6%), health department (2%), Bureau for Children with Medical Handicaps (2%), faith-based agency (1%), Children's Services (1%), and law enforcement (<1%). One percent (1%) reported needing services but did not know who to contact and 78% said they had never called an agency for problems with their child.

43% of parents reported their child was bullied in the past year.

- Parents reported their child participated in the following in the past year: a sports team or sports lessons on the weekends (78%); an organized activity or lesson such as music, dance, language or other arts (46%); a club or organization after school or on the weekends (45%); community service or volunteer work at school, church, or in the community (33%); and a paid job (5%). Sixty-seven percent (67%) of parents indicated their child participated in more than one activity and 6% reported their child did not participate in any of the above activities.
- Eighty-one percent (81%) of parents reported their child was physically active for at least 60 minutes on 3 or more days per week. Almost half (48%) had done so on 5 or more days and 18% were physically active for at least 60 minutes every day per week. Two percent (2%) reported not engaging in any physically activity in the past week.
- Almost one-quarter (24%) of parents reported their child had an email, Facebook, Twitter, Instagram or other social network account. Of those who had an account, they reported the following: they had their child's password (81%), their child's account was checked private (73%), they knew all the people in their child's "friends" (66%), and their child had a problem as a result of their account (1%). Six percent (6%) of parents reported they did not know if their child had a social network account.

- Parents discussed the following topics with their child in the past year: screen time (81%), eating habits (77%), bullying/violence (71%), cyber/internet safety (59%), cultural sensitivity (44%), negative effects of tobacco (43%), body image (42%), alcohol (39%), negative effects of alcohol (32%), tobacco (31%), negative effects of marijuana and other drugs (24%), marijuana and other drugs (22%), respect for gender identity/sexual orientation (22%), negative effects of heroin/opiates (18%), refusal skills (13%), depression/suicide (12%), prescription drug abuse (12%), dating and positive relationships (10%), abstinence and how to refuse sex (7%), birth control (2%), and condoms/safer sex/STD prevention (2%). Four percent (4%) of parents reported they did not talk to their child about any of these topics in the past year.
- Parents reported that their child spent the following amount of time unsupervised before or after school on an average school day: less than one hour (17%), 1 to 2 hours (10%), 3 to 4 hours (1%), and more than 4 hours (<1%). Seventy-one percent (71%) of parents reported that their child was never unsupervised before or after school.
- More than two-fifths (43%) of parents reported their child was bullied in the past year. The following types of bullying were reported:
 - 26% were verbally bullied (teased, taunted or called harmful names)
 - 13% were indirectly bullied (spread mean rumors about or kept out of a “group”)
 - 7% were physically bullied (they were hit, kicked, punched or people took their belongings)
 - 1% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
 - 0% were sexually bullied (using nude or semi-nude pictures to pressure someone to have sex that does not want to, blackmail, intimidate, or exploit another person)
- Parents reported the reproductive system should be covered in grades K-2 (2%), grades 3-5 (47%), grades 6-8 (46%), and grades 9-12 (5%). No parent reported that the reproductive system should not be covered.
- Parents reported abstinence and refusal skills should be covered in grades K-2 (4%), grades 3-5 (15%), grades 6-8 (72%), and grades 9-12 (8%). One percent (1%) reported abstinence and refusal skills should not be covered at all.
- Parents reported birth control and the use of condoms should be covered in grades K-2 (0%), 3-5 (3%), grades 6-8 (56%), and grades 9-12 (36%). Five percent (5%) reported birth control and the use of condoms should not be covered at all.
- Children 6-11 years old were more likely than children 0-5 years old to:
 - Have gone to the dentist in the past year (96% compared to 63% of 0-5).
 - Have been diagnosed with asthma (10% compared to 3% of 0-5).
 - Have ADD or ADHD (15% compared to 1% of 0-5).

Child Comparisons	Delaware County 2017 6-11 Years	Ohio 2016 6-11 Years	U.S. 2016 6-11 Years
Child participated in one or more activities	94%	82%	76%
Child did not miss any days of school because of illness or injury	21%	26%	29%
Did not engage in any physical activity during the past week	2%	3%	5%
Parent definitely agreed that their child was safe at school	84%	77%	79%

Child Health: Family and Community Characteristics

Key Findings

Seven percent (7%) of parents had at least one food insecurity issue in the past year. Thirty-six percent (36%) of parents reported that every family member who lived in their household ate a meal together every day of the week. One-third (33%) of parents reported their child attended religious service 1 to 3 times per month.

Family Functioning

- Seven percent (7%) of parents had at least one food insecurity issue in the past year. They reported the following: they had to choose between paying bills or buying food (58%), they went hungry/ate less to provide more food for their family (46%), they were worried food would run out (35%), their food assistance was cut (19%), loss of income led to food insecurity issues (15%), and they were hungry but did not eat because they did not have money for food (8%).
- Thirty-six percent (36%) of parents reported that every family member who lived in their household ate a meal together every day of the week, increasing to 45% of parents of 0-5 year olds. Families ate a meal together an average of 5.0 times per week.
- Delaware County parents reported their child regularly attends elementary school (63%), a child care center (21%), nursery school/preschool/kindergarten (17%), child care in the home provided by a relative other than a parent or grandparent (15%), child care outside of the home provided by a relative other than a parent or grandparent (12%), child care in the home provided by a babysitter (9%), family-based child care outside of the home (6%), and Head Start or Early Start program (1%).

64% of Delaware County families did not eat a meal together every day of the week.

- Delaware County parents reported their child experienced the following adverse childhood experiences (ACEs): their parents became separated or were divorced (8%); lived with someone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks (4%); lived with someone who had a problem with alcohol or drugs (3%); seen or heard any parents or adults in their home hit, beat, kicked, or physically hurt each other (2%); lived with a parent/guardian who died (1%); lived with a parent/guardian who served time or was sentenced to serve time in prison or jail after they were born (1%); were treated or judged unfairly because of his/her ethnic group (<1%); and been the victim of violence or witness violence in their neighborhood (<1%).
- Four percent (4%) of children experienced two or more ACEs.
- One-third (33%) of parents reported their child attended religious service 1 to 3 times per month, and 28% reported 4 or more times per month. Forty percent (40%) reported their child had never attended a religious service.
- Parents used the following forms of discipline for their child: take away privileges (82%), time out (61%), yell (39%), grounding (30%), spanking (15%), wash mouth out (2%), and other (11%). Four percent (4%) of parents reported their child had not been disciplined.
- Parents reported the following challenges they face in regards to the day-to-day demands of parenthood/raising children: demands of multiple children (56%), working long hours (22%), financial burdens (16%), managing child's behavior (15%), loss of freedom (8%), being a single parent (5%), child had special needs (5%), lack of parental support (4%), difficulty with lifestyle changes (4%), unemployment (2%), affordable housing (3%), mental health (2%), post-partum depression (1%), lack of transportation (1%), alcohol and/or drug abuse (1%), domestic violence relationship (<1%), and move a lot (<1%). One-third (33%) of parents reported no challenges associated with parenting.

- In the past year, half (50%) of parents missed work due to their child's illnesses or injuries. Forty-one percent (41%) missed work due to their child's medical appointments, increasing to 60% of mothers. Five percent (5%) missed work due to lack of or unreliable child care, 3% missed work due to their child's behavioral/emotional problems, and 2% missed work due to their child's chronic illness.

Child Safety Characteristics

- Parents discussed the following safety topics with their child in the past year: stranger safety (70%), bike helmets (66%), fire safety (55%), water safety (53%) good touch/bad touch (47%), internet safety (46%), firearms/gun safety (37%), falls (35%), poisoning (32%), burns (31%), furniture falling (28%), and human trafficking (14%). Fourteen percent (14%) of parents reported they did not talk to their child about any of these topics in the past year.
- Parents reported having the following safety items in their home: working smoke alarm/detector (99%), carbon monoxide detector (80%), fire extinguisher (69%), Poison Control number by the phone (31%), gun lock/safe (30%), and medication safe (16%). Ninety-five percent (95%) had more than one of these safety items in their home, and 5% had none of these safety items in their home.
- Parents reported the extent in which they agreed that their neighborhood is safe. They reported the following: definitely agree (77%), somewhat agree (21%), somewhat disagree (1%), and definitely disagree (1%).
- Parents reported their neighborhood was unsafe due to the following concerns: high traffic (8%), no sidewalk accessibility (7%), lack of play areas (3%), bullying (3%), drugs/alcohol activity (2%), crime (1%), loud/disrespectful noises (1%), violence (<1%), and other (5%). Eight percent (8%) reported one or more neighborhood concerns.
- Ninety-seven percent (97%) of parents reported their child up to age 5 who met weight and/or height limits always rode in a car seat when a passenger in a car, 1% reported nearly always, and 2% reported their child sometimes rode in a car seat when a passenger in a car.
- Sixty-one percent (61%) of parents reported their child who weighs less than 80 pounds and is under 4' 9" always rode in a booster seat, as compared to 25% who never rode in a booster seat.
- More than four-fifths (82%) of parents whose child was old enough and/or tall enough to not be in a booster seat reported their child always wore a seat belt, and 11% reported their child never wore a seat belt.
- Parents had the following rules about smoking in their home and car: no one is allowed to smoke inside the car at any time (88%); no one is allowed to smoke in the home at any time (85%); no one is allowed to smoke inside the home when children are present (5%); smoking is allowed anywhere inside the home (4%); smoking is allowed, but only if children are not in the car (3%); smoking is allowed, but only in certain rooms (1%); smoking is allowed inside the car (1%); and smoking is allowed, but only with one or more of the windows open in the car (1%).
- Two percent (2%) of parents reported someone in the household smoked e-cigarettes while their child was around.
- Parents reported their child always wore a helmet when riding the following: bike (47%), a scooter (22%), a skateboard (7%) and an ATV/dirt bike (5%).
- Parents reported their child never wore a helmet when riding the following: a scooter (9%), bike (7%), a skateboard (2%), and an ATV/dirt bike (2%).

Neighborhood and Community Characteristics

- In the past year, parents reported that someone in the household received the following: free or reduced cost breakfast or lunches at school (5%), mental health or substance abuse treatment (4%), Help Me Grow (4%), SNAP/food stamps (2%), benefits from WIC program (1%), Head Start/Early Head Start (1%), cash assistance from a welfare program (1%), and subsidized childcare through JFS (1%).
- Seven percent (7%) of Delaware County parents qualified for WIC, but did not apply. Adults did not report any reasons for not applying. Four percent (4%) did not know if their child qualified for WIC.

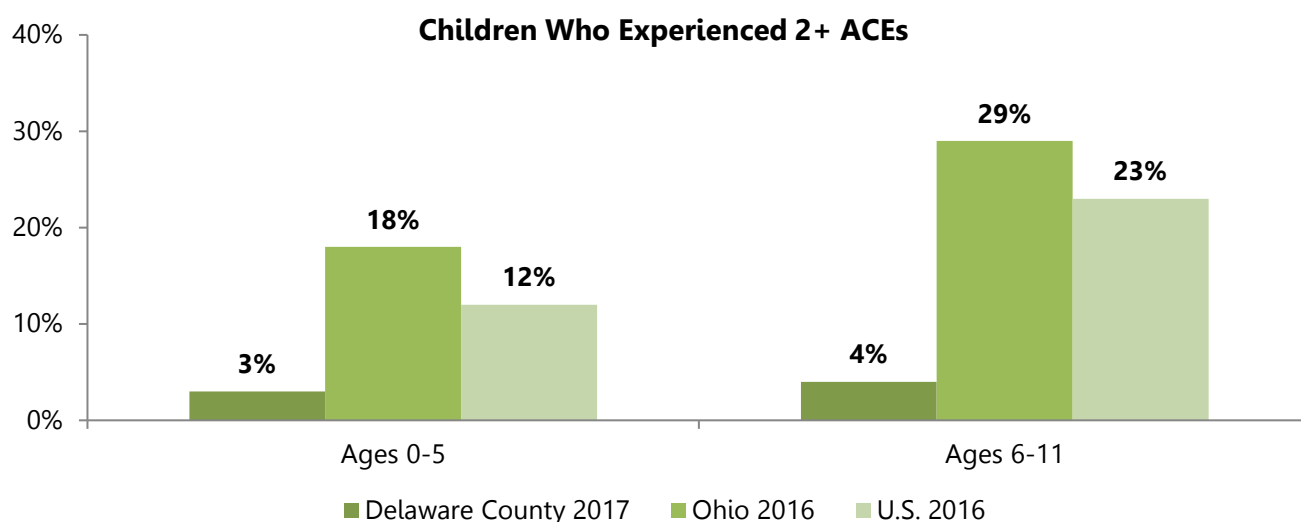
Child Comparisons	Delaware County 2017 0-5 Years	Ohio 2016 0-5 Years	U.S. 2016 0-5 Years	Delaware County 2017 6-11 Years	Ohio 2016 6-11 Years	U.S. 2016 6-11 Years
Family eats a meal together every day of the week	45%	51%	53%	31%	43%	45%
Parent definitely agreed that their child lived in a safe neighborhood	82%	64%	63%	75%	66%	62%
Child never attends religious services	38%	N/A	N/A	40%	22%*	18%*
Child experienced two or more ACEs	3%	18%	12%	4%	29%	23%

N/A – Not available
*2011/2012 NSCH Data

Adverse Childhood Experiences (ACEs)

The following graph shows the percent of Delaware County, Ohio, and U.S. children who experienced two or more ACEs.

- Delaware County had a lower percent of children who experienced two or more ACEs as compared to Ohio and U.S. children.

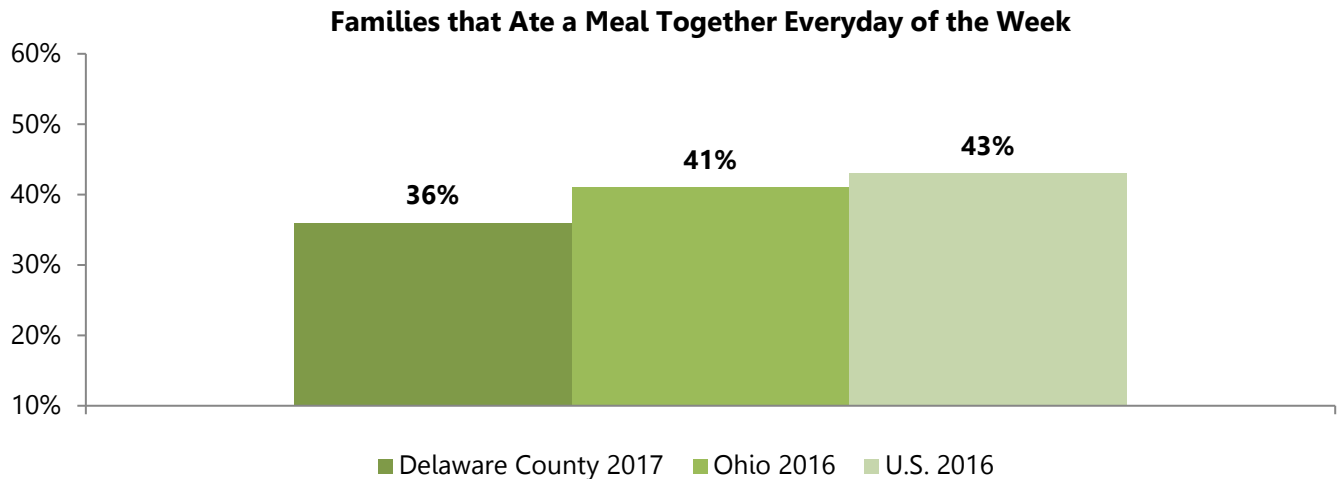


(Source: National Survey of Children's Health & 2017 Delaware County Health Assessment)

Family Dinners

The following graph shows the percent of Delaware County, Ohio, and U.S. families that ate a meal together every day of the week.

- Thirty-six percent (36%) of Delaware County families ate a meal together every day of the week.



(Source: National Survey of Children's Health & 2017 Delaware County Health Assessment)

Five Ways That Family Meals Keep Kids Healthy

- 1. Family meals prevent excessive weight gain:** Eating 3 or more family meals (meaning at least one parent is present and the meal is prepared at home) results in a 12% lower likelihood of children being overweight.
- 2. Family meals teach healthy food choices:** The eating habits of childhood often last a lifetime. Families that ate at least three meals together each had a 20% decrease in unhealthy food choices. Teaching your children to enjoy healthy foods rather than junk foods is a gift that will stay with them through adulthood.
- 3. Family meals prevent eating disorders:** Children and adolescents who ate family meals at least three times per week had a 35% reduction in disordered eating habits such as anorexia and bulimia.
- 4. Family dinner improves social-emotional health, too:** The ability to understand emotions, express empathy, demonstrate self-regulation, and form positive relationships with peers and adults is called social-emotional health. Young children with high social-emotional health adapt well to the school environment and perform well academically, even in long term studies. Guess which kids had the best social-emotional health? The ones who ate family dinner together regularly and talked about their day, told stories, etc.
- 5. Family dinner can help kids deal with cyberbullying:** About one-fifth of adolescents are victims of cyberbullying, putting them at risk for depression, substance abuse, and a host of other concerns. But adolescents who eat regular family dinners handle cyberbullying better and are less likely to engage in substance abuse or develop psychiatric health concerns, even after their involvement in face-to-face bullying is taken into account.

(Source: The Benefits & Tricks to Having a Family Dinner, HealthyChildren.org, 2017)

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Academy of Pediatrics	<ul style="list-style-type: none"> The Benefits & Tricks to Having a Family Dinner 	https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Mealtime-as-Family-Time.aspx
American Cancer Society, Cancer Facts and Figures 2017. Atlanta: ACS, 2017	<ul style="list-style-type: none"> 2017 Cancer Facts, Figures, and Estimates 	https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2017.html
American College of Allergy, Asthma & Immunology, 2016	<ul style="list-style-type: none"> Asthma Facts 	http://acaai.org/news/facts-statistics/asthma
American Heart Association, 2017	<ul style="list-style-type: none"> Smoke-free Living: Benefits & Milestones 	http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp#.WTl5o-vyvIU
American Lung Association	<ul style="list-style-type: none"> Asthma and Children 	http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/
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"> 2010 - 2016 Adult Ohio and U.S. Correlating Statistics 	https://www.cdc.gov/brfss/index.html
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> Victims of Gun Violence 	http://www.bradycampaign.org/sites/default/files/Brady-Campaign-5Year-Gun-Deaths-Injuries-Stats_June2017.pdf
CDC, Arthritis, 2017	<ul style="list-style-type: none"> Key Public Health Messages 	www.cdc.gov/arthritis/basics/key.htm
	<ul style="list-style-type: none"> Arthritis at a Glance 	https://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm
CDC, Adolescent and School Health	<ul style="list-style-type: none"> Sexual Risk Behavior 	www.cdc.gov/healthyyouth/sexualbehaviors/index.htm
CDC, Breast Cancer, 2016	<ul style="list-style-type: none"> What Can I Do to Reduce My Risk of Breast Cancer? 	www.cdc.gov/cancer/breast/basic_info/prevention.htm
CDC, Cancer Prevention and Control	<ul style="list-style-type: none"> Prostate Cancer Awareness 	https://www.cdc.gov/cancer/dcpc/resources/features/prostatecancer/index.htm
CDC, Diabetes by the Numbers	<ul style="list-style-type: none"> Diabetes by the Numbers 	https://www.cdc.gov/diabetes/basics/quick-facts.html
CDC, Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion, 2015	<ul style="list-style-type: none"> Oral Health Basics 	www.cdc.gov/oralhealth/basics/index.html
CDC, Heart Disease	<ul style="list-style-type: none"> Heart Disease Risk Factors 	https://www.cdc.gov/heartdisease/risk_factors.htm
CDC, Immunization Schedules	<ul style="list-style-type: none"> 2017 Recommended Immunizations for Children 	https://www.cdc.gov/vaccines/schedules/index.html
CDC, Mental Health	<ul style="list-style-type: none"> Mental Health in the U.S. 	https://www.cdc.gov/nchs/fastats/mental-health.htm
	<ul style="list-style-type: none"> Children's Mental Health 	https://www.cdc.gov/childrensmentalhealth/index.html

Source	Data Used	Website
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> Leading Causes of Death in U.S. 	https://www.cdc.gov/nchs/fastats/deaths.htm
	<ul style="list-style-type: none"> Men's Health 	https://www.cdc.gov/nchs/fastats/mens-health.htm
	<ul style="list-style-type: none"> Health Care Access and Utilization 	https://www.cdc.gov/nchs/fastats/access-to-health-care.htm
CDC, Newsroom Releases, "E-cigarette use triples among middle and high school students in just one year"	<ul style="list-style-type: none"> Electronic Cigarettes and Teenagers in the U.S. 	www.cdc.gov/media/releases/2013/p0905-ecigarette-use.html
CDC, Overweight and Obesity	<ul style="list-style-type: none"> Obesity Facts 	https://www.cdc.gov/obesity/data/adult.html
CDC, Sexually Transmitted Diseases Surveillance, 2017	<ul style="list-style-type: none"> U.S. Chlamydia and Gonorrhea Rates 	www.cdc.gov/std/stats/
	<ul style="list-style-type: none"> STD's in Adolescents and Young Adults 	https://www.cdc.gov/std/life-stages-populations/adolescents-youngadults.htm
	<ul style="list-style-type: none"> U.S. STD Surveillance Profile 	www.cdc.gov/std/stats/
CDC, Teen Drivers Fact Sheet	<ul style="list-style-type: none"> Teen Drivers 	www.cdc.gov/motorvehiclesafety/teen_drivers/teendrivers_factsheet.html
CDC, Wonder	<ul style="list-style-type: none"> About Underlying Cause of Death, 2000-2015 Delaware County and Ohio Leading Causes of Death, 2013-2015 Delaware County and Ohio Mortality Statistics 	http://wonder.cdc.gov/ucd-icd10.html
CDC, Youth and Tobacco Use	<ul style="list-style-type: none"> Tobacco Use Among Middle and High School students in the United States, 2011-2015 	www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/
Community Commons	<ul style="list-style-type: none"> Mental Health Treatment Facilities Cigarette Expenditures Bars and Drinking Establishments Beer, Wine and Liquor Stores 	www.communitycommons.org/
County Health Rankings, 2017	<ul style="list-style-type: none"> Food Environment Index 	www.countyhealthrankings.org/
Delaware General Health District	<ul style="list-style-type: none"> Delaware County Drug Epidemic Fruit and Vegetable Barriers 	https://delawarehealth.org/
Drug-Free Delaware	<ul style="list-style-type: none"> 2013/2014 Delaware County Youth Risk Behavior Survey Report 2014/2015 Delaware County Youth Risk Behavior Survey Report 	http://drug-freedelaware.org/

Source	Data Used	Website
Foundation for Advancing Alcohol Responsibility: Underage Drinking Statistics	<ul style="list-style-type: none"> • Teen Binge Drinking: On The Decline 	https://responsibility.org/get-the-facts/research/statistics/underage-drinking-statistics/
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> • Access to Health Services • All Healthy People 2020 Target Data Points • Predictors of Access to Health Care • Immunization and Infectious Disease • Social Determinants of Health • Some U.S. Baseline Statistics 	www.healthypeople.gov/2020/topicsobjectives2020
Henry Kaiser Family Foundation, The	<ul style="list-style-type: none"> • Key Facts about the Uninsured Population 	https://www.kff.org/uninsured/fact-sheet/key-facts-about-the-uninsured-population/
National Alliance on Mental Illness (NAMI)	<ul style="list-style-type: none"> • Know the Warning Signs 	https://www.nami.org/Learn-More/Know-the-Warning-Signs
National Institute on Drug Abuse	<ul style="list-style-type: none"> • Drug Facts: Drugged Driving 	www.drugabuse.gov
National Survey of Children's Health Data Center	<ul style="list-style-type: none"> • National and Ohio Comparisons 	http://www.childhealthdata.org/learn/NSCH
Ohio Automated Rx Reporting System	<ul style="list-style-type: none"> • Opiate and Pain Reliever Doses Per Patient, 2011-2016 • Opiate and Pain Reliever Doses Per Capita, 2011-2016 • Opioid Doses per Capita, Quarterly from 2015-2017 • What is OARRS? Fact Sheet, August 2017 	https://www.ohiopmp.gov/
Ohio Department of Health, STD Surveillance Data	<ul style="list-style-type: none"> • Delaware County and Ohio Chlamydia and Gonorrhea Disease Rates • Delaware County Chlamydia and Gonorrhea Cases 	www.odh.ohio.gov/odhprograms/stdsur/stdsur1.aspx
Ohio Department of Health	<ul style="list-style-type: none"> • Sleep Related Infant Deaths: Who is at Greater Risk 	https://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/cfhs/OEI/2016-Ohio-Infant-Mortality-Report-FINAL.pdf?la=en
Ohio Department of Health	<ul style="list-style-type: none"> • Ohio 2015 BRFSS Annual Report 	https://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/health/BRFSS/BRFSS2015AnnualReport.pdf?la=en
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> • Delaware County and Ohio Birth Statistics 	http://www.odh.ohio.gov/healthstats/dataandstats.aspx
	<ul style="list-style-type: none"> • Incidence of Cancer 	https://www.odh.ohio.gov/health/cancer/ocisshts/newrpts1.aspx
	<ul style="list-style-type: none"> • Leading Causes of Death 	https://www.odh.ohio.gov/healthstats/vitalstats/deathstat.aspx
	<ul style="list-style-type: none"> • Mortality 	http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality

Source	Data Used	Website
Ohio Department of Public Safety	<ul style="list-style-type: none"> 2016 Delaware County and Ohio Crash Facts 	http://www.publicsafety.ohio.gov/crashes.stm
Ohio Mental Health and Addiction Services	<ul style="list-style-type: none"> New Limits on Prescription Opiates, March 2017 	http://fightingopiabuse.ohio.gov/Portals/0/PDF/AcutePrescribingLimits_FINAL.pdf
Ohio Public Health Information Warehouse- Secure	<ul style="list-style-type: none"> Overdose deaths Suicides <p>These data were provided by the Ohio Department of Health. The department specifically disclaims responsibility for any analyses, interpretations or conclusions.</p>	https://odhgateway.odh.ohio.gov/EDWS/DataCatalog
Substance Abuse and Mental Health Services Administration	<ul style="list-style-type: none"> Adverse Childhood Experiences 	https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> American Community Survey 5-year estimates 	https://www.census.gov/programs-surveys/acs/
	<ul style="list-style-type: none"> Federal Poverty Thresholds 	https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html
	<ul style="list-style-type: none"> Ohio and Delaware County Census Demographic Information 	https://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml
	<ul style="list-style-type: none"> Small Area Income and Poverty Estimates 	https://www.census.gov/programs-surveys/saie.html
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	<ul style="list-style-type: none"> 2009 - 2015 Youth Ohio and U.S. Correlating Statistics 	https://www.cdc.gov/healthyYouth/data/yrebs/index.htm

Appendix II: Acronyms and Terms

ACE	A dverse C hildhood E xperiences
AHS	A ccess to H ealth S ervices, Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted	Death rate per 100,000 adjusted for the age
Mortality Rates	distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
AOCBC	A rthritis, O steoporosis, and C hronic B ack C onditions
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.
Current Drinker	Individual who has had at least 1 alcoholic beverage in the past 30 days
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
CY	C alendar Y ear
DCYRBS	D elaware C ounty Y outh R isk B ehavior S urvey
FY	F iscal Y ear
HCNO	H ospital C ouncil of N orthwest O hio
HDS	H eat 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
N/A	Data is not available.
NSCH	N ational S urvey of C hildren's H ealth
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.
Ohio SHA/SHIP	Ohio State Health Assessment/State Health Improvement Plan
Weapon	Defined in the YRBS as "a weapon such as a gun, knife, or club"
Youth	Defined as 12 through 18 years of age
YPLL/65	Years of Potential Life Lost before age 65. Indicator of premature death.
Youth Binge drinking	Consumption of five alcoholic beverages or more on one occasion
Youth BMI	Underweight is defined as BMI-for-age \leq 5 th percentile
Classifications	Overweight is defined as BMI-for-age 85 th percentile to < 95 th percentile. Obese is defined as \geq 95 th percentile.
YRBS	Youth Risk Behavior Survey , a youth survey conducted by the CDC

Appendix III: Methods for Weighting the 2017 Delaware County Health 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 2017 Delaware County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Delaware 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 Delaware 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 2017 Delaware County Survey and the 2015 Census estimates.

2017 Delaware County Survey			2015 Census Estimate		Weight
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	228	57.14286	91,762	49.48526	0.865992
Female	171	42.85714	93,671	50.51474	1.178677

In this example, it shows that there was a larger portion of males in the sample compared to the actual portion in Delaware County. The weighting for males was calculated by taking the percent of males in Delaware County (based on Census information) (49.48526%) and dividing that by the percent found in the 2017 Delaware County sample (57.14286%) [$49.48526/57.14286 = \text{weighting of } 0.865992 \text{ for males}$]. The same was done for females [$50.51474/42.85714 = \text{weighting of } 1.178677 \text{ for females}$]. Thus males' responses are weighted less by a factor of 0.865992 and females' responses weighted greater by a factor of 1.178677.

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 1.43599 [$0.865992 \text{ (weight for females)} \times 0.93399 \text{ (weight for White)} \times 2.08104 \text{ (weight for age 35-44)} \times 0.85313 \text{ (weight for income \$50-\$75k)}$]. Thus, each individual in the 2017 Delaware 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 23.0) 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	Delaware County Sample	%	Delaware County 2015 Census*	%	Weighting Value
Sex:					
Male	228	57.14286	91,762	49.48526	0.865992
Female	171	42.85714	93,671	50.51474	1.178677
Age:					
20-34	34	8.60759	27,867	21.62596	2.51243
35-44	44	11.13924	29,871	23.18115	2.08104
45-54	54	13.67089	28,735	22.29957	1.63117
55-59	55	13.92405	11,711	9.08823	0.65270
60-64	34	8.60759	10,316	8.00565	0.93007
65-74	102	25.82278	12,562	9.74864	0.37752
75-84	53	13.41772	5,841	4.53286	0.33783
85+	19	4.81013	1,956	1.51794	
Race:					
White	375	93.28358	161,561	87.12635	0.93399
Non-White	27	6.71642	23,872	12.87365	1.91674
Household Income:					
Less than \$25,000	23	6.18280%	6,488	9.88301%	1.59847
\$25k-\$50k	73	19.62366%	10,230	15.58311%	0.79410
\$50k-\$75k	65	17.47312%	9,786	14.90678%	0.85313
\$75k-\$100k	58	15.59140%	9,342	14.23044%	0.91271
\$100k-\$150	71	19.08602%	13,807	21.03187%	1.10195
\$150k-\$200k	48	12.90323%	8,062	12.28065%	0.95175
\$200k or more	34	9.13978%	7,933	12.08415%	1.32215
Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Delaware County in each subcategory by the proportion of the sample in the Delaware County survey for that same category. * Delaware County population figures taken from the 2015 Census estimates.					

Appendix IV: School Participation

The following schools participated in the 2016/17 Delaware County Youth Risk Behavior Survey:

Big Walnut Local Schools

Big Walnut High School
Big Walnut Intermediate
Big Walnut Middle School

Buckeye Valley Local Schools

Buckeye Valley High School
Buckeye Valley Middle School

Delaware City Schools

Delaware Hayes High School
Dempsey Middle School

Olentangy Local Schools

Olentangy Liberty High School
Olentangy High School
Olentangy Orange High School
Orange Middle School
Berkshire Middle School
Hyatts Middle School
Liberty Middle School
Shanahan Middle School

Appendix V: Delaware County Sample Demographic Profile*

Variable	2017 Survey Sample	Delaware County Census 2011-2015 (5-year estimate)	Ohio Census 2015
Age			
20-29	11.6%	8.9%	13.2%
30-39	20.2%	13.9%	12.1%
40-49	23.8%	16.4%	13.1
50-59	18.8%	13.8%	14.6%
60 plus	22.5%	16.5%	21.4%
Race/Ethnicity			
White	90.0%	89.0%	82.0%
Black or African American	3.1%	3.6%	12.3%
American Indian and Alaska Native	1.0%	0.1%	0.2%
Asian	4.0%	4.8%	2.0%
Other	2.4%	0.2%	0.8%
Hispanic Origin (may be of any race)	1.2%	2.3%	3.5%
Marital Status†			
Married Couple	67.8%	62.7%	47.5%
Never been married/member of an unmarried couple	14.5%	23.5%	32.1%
Divorced/Separated	13.1%	9.8%	14.0%
Widowed	4.1%	4.1%	6.4%
Education†			
Less than High School Diploma	0.9%	3.4%	10.3%
High School Diploma	13.4%	20.6%	33.7%
Some college/ College graduate	84.6%	76.0%	56.0%
Income (Families)			
Less than \$25,000	7.1%	4.8%	16.1%
\$25,000 to \$50,000	12.5%	12.3%	22.6%
\$50,000 to \$75,000	9.1%	13.5%	20.4%
\$75,000 or \$100,000	13.5%	15.2%	14.9%
\$100,000 to \$150,000	23.2%	24.7%	15.7%
\$150,000 to \$200,000	15.2%	14.8%	5.4%
\$200,000 or more	12.8%	14.6%	4.7%

* 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). Percent's may not add to 100% due to missing data (non-responses).

† The Ohio and Delaware 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: Delaware County Youth Sample Demographic Profile*

Variable	2016/17 Survey Sample	
	%	(n=)
Age		
10 years old or younger	0.1%	11
11 years old	8.9%	966
12 years old	15.3%	1,637
13 years old	15.9%	1,718
14 years old	15.6%	1,669
15 years old	15.4%	1,666
16 years old	14.2%	1,519
17 years old	10.6%	1,137
18 years old	3.9%	426
19 years old or older	0.1%	8
Gender		
Female	48.8%	5,266
Male	50.5%	5,441
Sexual Orientation		
Heterosexual	89.7%	5,181
Gay or lesbian	1.5%	88
Bisexual	5.2%	299
Unsure	3.6%	211
Race/Ethnicity		
White	86.7%	9,210
Black or African American	5.6%	602
American Indian and Alaska Native	3.5%	387
Asian	9.3%	991
Native Hawaiian or Other Pacific Islander	1.1%	126
Grade Level		
Middle School (6-8)	44.9%	4,846
High School (9-12)	54.6%	5,886
Individual Grade Level		
6 th grade	14.3%	1,542
7 th grade	16.1%	1,732
8 th grade	14.6%	1,572
9 th grade	16.5%	1,777
10 th grade	15.4%	1,657
11 th grade	12.8%	1,383
12 th grade	9.6%	1,048
School grades		
Mostly A's	61.0%	6,570
Mostly B's	28.5%	3,073
Mostly C's	5.8%	634
Mostly D's	0.8%	92

* Percent's may not add to 100% due to missing data (non-responses) or percent's may exceed 100% due to respondents answering more than one option

Appendix VI: Demographics and Household Information

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

Age	Total	Males	Females
Delaware County	174,214	85,925	88,289
0-4 years	12,980	6,648	6,332
1-4 years	10,688	5,473	5,215
< 1 year	2,292	1,175	1,117
1-2 years	4,975	2,593	2,382
3-4 years	5,713	2,880	2,833
5-9 years	15,656	8,003	7,653
5-6 years	6,421	3,182	3,059
7-9 years	9,415	4,821	4,594
10-14 years	14,085	7,233	6,852
10-12 years	8,680	4,411	4,269
13-14 years	5,405	2,822	2,583
12-18 years	18,035	9,353	8,682
15-19 years	11,593	6,049	5,544
15-17 years	7,783	4,033	3,750
18-19 years	3,810	2,016	1,794
20-24 years	7,210	3,555	3,655
25-29 years	7,922	3,766	4,156
30-34 years	11,120	5,227	5,893
35-39 years	14,770	7,211	7,559
40-44 years	15,107	7,463	7,644
45-49 years	14,601	7,314	7,287
50-54 years	12,791	6,278	6,513
55-59 years	10,937	5,431	5,506
60-64 years	8,925	4,418	4,507
65-69 years	5,870	2,752	3,118
70-74 years	4,042	1,893	2,149
75-79 years	2,847	1,291	1,556
80-84 years	2,087	855	1,232
85-89 years	1,147	410	737
90-94 years	424	113	311
95-99 years	88	13	75
100-104 years	11	2	9
105-109 years	0	0	0
110 years & over	1	0	1
Total 85 years and over	1,671	538	1,133
Total 65 years and over	16,517	7,329	9,188
Total 19 years and over	121,575	55,038	66,537

DELAWARE COUNTY PROFILE

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2016)

2012-2016 ACS 5-year estimate

Total Population

2016 Total Population	188,996
2010 Total Population	174,214

Largest City-Delaware

2010 Total Population	37,753
2000 Total Population	25,243

Population By Race/Ethnicity

Total Population	188,996	100%
White Alone	164,734	88.8%
Hispanic or Latino (of any race)	4,546	2.4%
African American	6,625	3.5%
Asian	9,679	5.1%
Two or more races	3,794	2.0%
Other	989	0.5%
American Indian and Alaska Native	115	0.1%

Population By Age

Under 5 years	12,255	6.5%
5 to 19 years	44,785	23.8%
20 to 24 years	9,119	4.8%
25 to 44 years	49,313	26.1%
45 to 64 years	51,736	27.4%
65 years and more	21,788	11.6%
Median age (years)	38.0	

Household By Type

Total Households	66,544	100%
Family Households (families)	50,644	76.1%
With own children <18 years	26,286	39.5
Married-Couple Family Households	43,742	65.7%
With own children <18 years	21,878	*(X)
Female Householder, No Husband Present	4,861	7.3%
With own children <18 years	3,091	*(X)
Non-family Households	15,900	23.9%
Householder living alone	*(X)	20.1%
Householder 65 years and >	*(X)	7.5%
Households With Individuals < 18 years	*(X)	41.4%
Households With Individuals 60 years and >	*(X)	31.3%

Average Household Size	2.80 people
Average Family Size	3.26 people

*(X)- Not available

General Demographic Characteristics, continued
(Source : U.S. Census Bureau, Census 2016)

2012-2016 ACS 5-year estimate

Median Value of Owner-Occupied Units	\$54,052
Median Monthly Owner Costs (With Mortgage)	\$1,965
Median Monthly Owner Costs (Not Mortgaged)	\$695
Median Gross Rent for Renter-Occupied Units	\$969
Median Rooms Per Housing Unit	7.3
Total Housing Units	69,557
No Telephone Service	1,400
Lacking Complete Kitchen Facilities	313
Lacking Complete Plumbing Facilities	94

Selected Social Characteristics
(Source : U.S. Census Bureau, Census 2016)

2012-2016 ACS 5-year estimates

School Enrollment

Population 3 Years and Over Enrolled In School	54,732	100%
Nursery & Preschool	4,088	7.5%
Kindergarten	3,033	5.5%
Elementary School (Grades 1-8)	25,160	45.9%
High School (Grades 9-12)	11,594	21.2%
College or Graduate School	10,857	19.8%

Educational Attainment

Population 25 Years and Over	122,837	100%
< 9 th Grade Education	1,013	0.8%
9 th to 12 th Grade, No Diploma	3,137	2.6%
High School Graduate (Includes Equivalency)	25,199	20.5%
Some College, No Degree	20,791	16.9%
Associate Degree	8,262	6.7%
Bachelor's Degree	41,266	33.6%
Graduate Or Professional Degree	23,169	18.9%

Percent High School Graduate or Higher	118,687	96.6%
Percent Bachelor's Degree or Higher	64,435	52.5%

**(X) – Not available*

Selected Social Characteristics, Continued
(Source : U.S. Census Bureau, Census 2016)

2012-2016 ACS 5-year estimate

Marital Status

Population 15 Years and Over	145,502	100%
Never Married	34,338	23.6%
Now Married, Excluding Separated	90,939	62.5%
Separated	1,310	0.9%
Widowed	6,257	4.3%
Female	407	6.5%
Divorced	12,804	8.8%
Female	1,255	9.8%

**(X)- Not available*

Veteran Status

Civilian Veterans 18 years and over	9,726	7.1%
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Disability Status of the Civilian Non-Institutionalized Population

Total Civilian Noninstitutionalized Population	188,101	100%
With a Disability	13,957	7.4%
Under 18 years	52,096	100%
With a Disability	1,671	4.3%
18 to 64 years	114,563	100%
With a Disability	6,394	10.1%
65 Years and Over	21,442	100%
With a Disability	5,892	61.8%

Selected Economic Characteristics
(Source: U.S. Census Bureau, Census 2016)

2012-2016 5-year estimates

Employment Status

Population 16 Years and Over	142,289	100%
In Labor Force	99,323	69.8%
Not In Labor Force	42,966	30.2%
Females 16 Years and Over	72,796	100%
In Labor Force	46,104	63.3%

Population Living with Own Children <6 Years	15,057	100%
All Parents In Family In Labor Force	9,934	66.0%

Class of Worker

Employed Civilian Population 16 Years and Over	96,527	100%
Private Wage and Salary Workers	77,745	80.5%
Government Workers	13,166	13.6%
Self-Employed Workers in Own Not Incorporated Business	5,570	5.8%
Unpaid Family Workers	46	0.0%

Median Earnings

Male, Full-time, Year-Round Workers	\$75,954
Female, Full-time, Year-Round Workers	\$52,800

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2015)

2012-2016 ACS 5-year estimate

Occupations

Employed Civilian Population 16 Years and Over	96,527	100%
Production, Transportation, and Material Moving	6,465	6.7%
Management, Business, Science, and Art Occupations	50,488	52.3%
Sales and Office Occupations	23,114	23.9%
Service Occupations	11,867	12.3%
Natural Resources, Construction, and Maintenance	4,584	4.7%

Leading Industries

Employed Civilian Population 16 Years and Over	96,527	100%
Manufacturing	9,005	9.3%
Educational, health and social services	22,688	23.5%
Trade (retail and wholesale)	10,409	10.8%
Arts, entertainment, recreation, accommodation, and food	7,110	7.4%
Construction	4,256	4.4%
Agriculture, forestry, fishing and hunting, and mining	521	0.5%
Other services (except public administration)	3,498	3.6%
Professional, scientific, management, administrative, and waste management services	12,386	12.8%
Transportation and warehousing, and utilities	3,145	3.3%
Public administration	4,461	4.6%
Finance, insurance, real estate and rental and leasing	13,271	13.7%
Information	2,393	2.5%

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2016)

2012-2016 ACS 5-year estimate

<i>Income In 2016</i>	66,544	100%
Households	1,834	2.8%
< \$10,000	1,156	1.7%
\$10,000 to \$14,999	3,410	5.1%
\$15,000 to \$24,999	3,662	5.5%
\$25,000 to \$34,999	6,339	9.5%
\$35,000 to \$49,999	10,097	15.2%
\$50,000 to \$74,999	8,866	13.3%
\$75,000 to \$99,999	14,277	21.5%
\$100,000 to \$149,999	8,053	12.1%
\$150,000 to \$199,999	8,850	13.3%
\$200,000 or more	66,544	100%
<i>Median Household Income</i>	<i>\$94,234</i>	

<i>Income In 2016</i>	50,644	100%
Families	685	1.4%
< \$10,000	387	0.8%
\$10,000 to \$14,999	1,234	2.4%
\$15,000 to \$24,999	1,940	3.8%
\$25,000 to \$34,999	3,711	7.3%
\$35,000 to \$49,999	6,915	13.7%
\$50,000 to \$74,999	7,137	14.1%
\$75,000 to \$99,999	12,759	25.2%
\$100,000 to \$149,999	7,551	14.9%
\$150,000 to \$199,999	8,325	16.4%
\$200,000 or more		
<i>Median Household Income (families)</i>	<i>\$111,582</i>	

Per Capita Income In 2012-2016 ***\$42,985***

<i>Poverty Status In 2016</i>	<i>Number Below Poverty Level</i>	<i>% Below Poverty Level</i>
Families	*(X)	3.2%
Individuals	*(X)	4.9%
*(X) – Not available		

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

	Income	Rank of Ohio Counties
BEA Per Capita Personal Income 2016	\$66,532	1 st of 88 counties
BEA Per Capita Personal Income 2015	\$65,575	1 st of 88 counties
BEA Per Capita Personal Income 2014	\$62,408	1 st of 88 counties
BEA Per Capita Personal Income 2013	\$60,913	1 st of 88 counties
BEA Per Capita Personal Income 2012	\$60,366	1 st of 88 counties

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

Poverty Rates, 5-year averages, 2012 to 2016

Category	Delaware	Ohio
Population in poverty	4.9%	15.4%
< 125% FPL (%)	6.4%	19.9%
< 150% FPL (%)	8.1%	24.3%
< 200% FPL (%)	12.9%	33.3%
Population in poverty (2000)	3.8%	10.6%

(Source: The Ohio Poverty Report, Ohio Development Services Agency, February 2017, <http://www.development.ohio.gov/files/research/P7005.pdf>)

2016-2017 Employment Statistics

Category	Delaware	Ohio
Labor Force	106,200	5,773,600
Employed	102,700	5,512,900
Unemployed	3,500	260,700
Unemployment Rate* in October 2017	3.3	4.5

**Rate equals unemployment divided by labor force*

(Source: Ohio Department of Job and Family Services, May 2017, <http://ohiolmi.com/laus/current.htm>)

Estimated Poverty Status in 2016

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Delaware County				
All ages in poverty	9,083	7,607 to 10,559	4.7%	3.9 to 5.5
Ages 0-17 in poverty	2,459	1,949 to 2,969	4.7%	3.7 to 5.7
Ages 5-17 in families in poverty	1,642	1,281 to 2,003	4.1%	3.2 to 5.0
Median household income	\$102,990	\$97,320 to \$108,660		
Ohio				
All ages in poverty	1,639,636	1,614,177 to 1,665,095	14.5%	14.3 to 14.7
Ages 0-17 in poverty	521,730	506,894 to 536,566	20.4%	19.8 to 21.0
Ages 5-17 in families in poverty	348,713	335,691 to 361,735	18.7%	18.0 to 19.4
Median household income	\$52,357	\$52,083 to \$52,631		
United States				
All ages in poverty	44,268,996	44,022,086 to 44,515,906	14.0%	13.9 to 14.1
Ages 0-17 in poverty	14,115,713	13,976,345 to 14,255,081	19.5%	19.3 to 19.7
Ages 5-17 in families in poverty	9,648,486	9,548,767 to 9,748,205	18.3%	18.1 to 18.5
Median household income	\$57,617	\$57,502 to \$57,732		

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

Federal Poverty Thresholds in 2017 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$12,752					
1 Person 65 and >	\$11,756					
2 people Householder < 65 years	\$16,414	\$16,895				
2 People Householder 65 and >	\$14,816	\$16,831				
3 People	\$19,173	\$19,720	\$19,749			
4 People	\$25,283	\$25,696	\$24,858	\$24,944		
5 People	\$30,490	\$30,933	\$29,986	\$29,253	\$28,805	
6 People	\$35,069	\$35,208	\$34,482	\$33,787	\$32,753	\$32,140
7 People	\$40,351	\$40,603	\$39,734	\$39,129	\$38,001	\$36,685
8 People	\$45,129	\$45,528	\$44,708	\$43,990	\$42,971	\$41,678
9 People or >	\$54,287	\$54,550	\$53,825	\$53,216	\$52,216	\$50,840

(Source: U. S. Census Bureau, Poverty Thresholds 2017)

Appendix VII: County Health Rankings

	Delaware County	Ohio	U.S.
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2012-2014)	4,100	7,600	6,600
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2015)	10%	15%	15%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2015)	42.7	3.7	3.6
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2015)	3.0	4.0	3.7
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2008-2014)	7%	9%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2015)	14%	22%	18%
Obesity. Percentage of adults that report a BMI of 30 or more (2013)	28%	31%	28%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2014)	8.9	7.0	7.3
Physical activity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2013)	18%	25%	22%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2014)	89%	83%	84%
Drug and alcohol abuse. Percentage of adults reporting binge or heavy drinking (2015)	20%	19%	18%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2011-2015)	28%	34%	30%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2014)	190	474	456:1
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2008-2014)	11	32	32

	Delaware County	Ohio	U.S
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2014)	5%	10%	14%
Access to health care/medical care. Ratio of population to primary care physicians (2014)	750:1	1,300:1	1,320:1
Access to dental care. Ratio of population to dentists (2015)	1,770:1	1,690:1	1,520:1
Access to behavioral health care. Ratio of population to mental health providers (2016)	1,140:1	630:1	500:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2014)	40	60	50
Diabetes. Percentage of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring (2014)	90%	85%	85%
Cancer. Percentage of female Medicare enrollees ages 67-69 that receive mammography screening (2014)	66%	61%	63%
Social and Economic Environment			
Education. Percentage of ninth-grade cohort that graduates in four years (2014-2015)	96%	81%	83%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2011-2015)	83%	64%	64%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2015)	3.9	4.8	5%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2015)	5%	21%	21%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2011-2015)	3.9	4.8	5.0
Family and social support. Percentage of children that live in a household headed by single parent (2011-2015)	18%	36%	34%
Family and social support. Number of membership associations per 10,000 population (2015)	8.9	11.3	9
Violence. Number of reported violent crime offenses per 100,000 population (2012-2014)	81	290	380
Injury. Number of deaths due to injury per 100,000 population (2011-2015)	37	70	62

	Delaware County	Ohio	U.S.
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2012)	11.9	11.3	8.7
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. 1 - indicates the presence of a violation, 0 - indicates no violation (FY 2013-2014)	Yes	N/A	N/A
Housing. Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2009-2013)	11%	15%	19%
Transportation. Percentage of the workforce that drives alone to work (2011-2015)	86%	83%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2011-2015)	42%	30%	34%

**Source: 2017 County Health Rankings for Delaware County, Ohio and U.S. data
N/A – Not available*



THE PARTNERSHIP for a Healthy Delaware County (The Partnership) is a group of agency directors, organizations, businesses and residents representing multiple sectors of Delaware County - from healthcare to business and industry to the schools to churches.

THE PARTNERSHIP assesses the health of our community and develops and implements an action plan to improve population health.

THE PARTNERSHIP uses a community-driven strategic planning process to generate key health strategies, which drive policies, systems and environmental change.

THE PARTNERSHIP in its entirety meets twice per year, and workgroups that target and implement community priorities meet throughout the year.

THE PARTNERSHIP uses the Mobilizing for Action through Planning and Partnerships (MAPP) planning process. MAPP consists of six phases:

1. Organize for success
2. Create a vision
3. Complete assessments
4. Identify strategic issues
5. Formulate Goals & Strategies
6. Implement action cycle



2014-2018 PARTNERSHIP PRIORITIES:

Access to Healthcare and Medications | Alcohol Abuse and Drug Abuse | Environmental Health | Family Support | Food Insecurity | Mental Health | Obesity/Overweight

THE PARTNERSHIP VISION A community where we work together to provide opportunities for complete health and well-being.

THE PARTNERSHIP VALUES

Excellence: We believe in setting a high standard for all services provided to everyone within our community.

Respect: We value and acknowledge everyone in our community.

Family: We believe that all policies and programs directed at health and well-being must focus on the individual and their family, however they define it.

Stewardship: We will carefully and responsibly make decisions about the health and well-being of our community.

Diversity: We recognize, embrace, and appreciate our differences.

Accountability: We take responsibility for participating in the PHDC, for prioritizing identified health problems in our community, for clearly communicating our findings to the community, and for stimulating action to create a healthier Delaware County.

Holistic: We recognize that health and well-being reflect the wholeness of a person or a community.

Social Justice: Social Justice is attained when we achieve health equity, eliminate health disparities, and create social and physical environments that promote good health for all.

Collaboration: We will work jointly with other partners to attain our vision.

Accessibility: We recognize our obligation to make the PHDC accessible to the community, and we believe that information and services must be easily available to provide everyone in our community the opportunity to achieve complete health and well-being.

Integrity: We must maintain high ethical principles when assessing and planning for the health and well-being of our community.

Empowerment: We will work to mobilize individuals and our community to act to improve its health and well-being.



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