

**Allen County
Community Health Profile**



April 2016

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** Indicates priority area in the Allen County Community Health Improvement Plan*

Executive Summary – Allen County Community Health Profile - 2016

Since 1995, Allen County has conducted community health assessments for the purpose of measuring and addressing the health status of our community. Community health assessments for Allen County were conducted in 1995, 2002, and 2009.

The work towards the development of this Community Health Profile began in 2013. That year, area agencies participated in a planning process to improve community health through a community improvement model called MAPP – Mobilizing for Action through Planning and Partnerships. As a component of the MAPP process, a community health status assessment was conducted in 2014 and released to the public in April, 2015. It provides a snapshot of health issues in Allen County. The 2014 Allen County Community Health Risk and Health Needs Assessment is available on the Allen County Public Health [website](#).

This document has three sections: 1) a summary of the MAPP community assessments 2) an overview of community factors that influence health and 3) a summary of 15 key health topics in Allen County. Many references in this document are from the 2014 Health Status Assessment, but other local, state and national data are also included. When possible, health disparities, community successes and opportunities for improvement, and what we are doing in the community to improve health are included. Health indicators for the 15 health topics are regularly updated by the Healthy Communities Institute on the Lima Allen County Regional Planning Commission's [website](#).

For more information about this document, please contact Monica Harnish at mharnish@allenhealthdept.org or Jeanetta Francy at jfrancy@allenhealthdept.org.

Acknowledgements

The Community Needs Assessment Steering Committee provided guidance to the 2013 MAPP community improvement process, the 2014 Allen County Community Health Risk and Health Needs Assessment, and/or the 2016 Community Health Profile.

Activate Allen County, Cheri Mitchell

Allen County Public Health, Kathy Luhn, Kim Rieman ,Becky Dershem

Lima Allen Council on Community Affairs, Jackie Fox

Lima Memorial Health System, Anita Good, Cheryl Nagy, Dottie Kaiser

Mental Health and Recovery Services Board, Mike Schoenhofer, Kelly Monroe

The Ohio State University at Lima, Dr. John Snyder

St. Rita's Health Partners, Amy Marcum, Mark Skaja

United Way of Greater Lima, Phil Hayne, Carol Braden-Clarke

Members of the steering committee representing the above organizations reviewed and provided input to this Community Health Profile.

Community Assessments

Community Improvement Model – MAPP

In 2013, community stakeholders began the process of conducting assessments called MAPP – Mobilizing Action through Planning and Partnerships. The MAPP process includes four assessments, Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment and the Community Health Status Assessment. These assessments were used by the Allen County Community Health Improvement Plan (CHIP) Committee to prioritize specific health issues and population groups. The diagram below illustrates how each of the four assessments contributes to the MAPP process.



COMMUNITY THEMES AND STRENGTHS

What's important to our community?

LOCAL PUBLIC HEALTH SYSTEM

How are the Essential Services being provided?

COMMUNITY HEALTH STATUS

How healthy are our residents?

FORCES OF CHANGE

What is happening, or might happen that affects the health of our community or local public health system?

The MAPP Framework includes the following six phases:

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing and evaluation

Beginning in April 2013, the Allen County Community Health Improvement Steering Committee met 5 times and completed the following planning steps which were facilitated by Allen County Public Health.

Community Conditions

- Visioning- Create or review mission, vision and values
- Choosing Priorities- Use of quantitative and qualitative data to prioritize target impact areas
- Forces of Change and Community Themes and Strengths- Open-ended questions for committee members on forces of change and community themes and strengths

Beginning in September 2013, the Allen County Community Health Improvement Planning (CHIP) Committee met 5 times and completed planning steps which were facilitated by The Hospital Council of Northwest Ohio.

1. Community Themes and Strengths - What's important to our Community?

The CHIP Committee reviewed Allen County collaborative projects, community assessments, and community plans looking for overarching community themes and strengths. The committee also reviewed missions and work plans for existing community collaboratives. The following documents/ collaboratives were included in this review:

- Allen 2020 Community Report
- Local Conversations on Minority Health - Health Disparity Reduction Plan
- Allen County Department of Jobs and Family Services' Prevention, Retention and Contingency Plan
- Activate Allen County
- Family and Children First Council

The committee then considered "energy areas" within the community - areas where there is strong collaboration, structure and planning/activities already in progress. The committee also reviewed the resources available as well as the gaps in community services. From these discussions and reviews, the committee identified the top community themes and strengths.

- "Energy Areas" include:
 - Substance abuse
 - Active transportation
 - Food policy
 - Education/workforce development
 - Economic development
- A strong history of collaboration among agencies and organizations within the community
- We are "program rich in a system poor community." While there are many programs and activities focused on improving health, programs and activities are not necessarily aligned and outcomes, particularly at the community level, are not tracked.

Community Conditions

Finally, the CHIP Committee identified what they determined were the most critical themes that needed to be reflected in the Action Plan. They were determined through discussion and consensus agreement.

“Critical” themes:

- Energy areas: substance abuse, active transportation, food policy
- History of collaboration
- “Program rich in a system poor community”

2. Forces of Change – What’s happening, or will happen, that affects the health of our community, or our local public health system?

Forces of Change identify forces that are or will be affecting the local public health system. An initial discussion of forces of change was held during a July 2013 discussion between local public health and hospital partners. The CHIP Committee also brainstormed and discussed forces of change impacting Allen County in the context of state and federal changes. Factors identified as a result of these discussions are listed below, organized by systems.

Social

- Aging population
- Population becoming more racially and ethnically diverse
- Aging healthcare workforce

Economic

- High unemployment
- Local government funds decreasing
- Unemployable workforce - substance abuse issues; job training
- Change in economic base

Political

- Affordable Care Act
- Medicaid expansion
- Sequester/federal budget impacting local grant funding
- State leadership changes

Environmental

- Health professional shortage area
- Declining housing conditions
- Weather events/Natural disasters - e.g. 2012 Derecho event
- Bike Pedestrian Task Force formed
- Active Transportation Plan being developed

Community Conditions

Technological

- Electronic medical records
- Health information exchanges (HIE)
- ICD 10 codes
- Increasing use of social media - agencies/individuals

Agency/Organizational

- Two-year Small Community Transformation Grant received (2012-2014)
- Hospital IRS requirements
- Public health accreditation requirements
- Annual mental health community summits - substance abuse, suicide, preventing mental illness and substance abuse in children
- Community health summits - Mark Fenton, Food Summit

After the Forces of Change were identified, the CHIP Committee reviewed them and identified through consensus which ones were considered “critical” and should be reflected in the Action Plan, as able.

“Critical” Forces of Change:

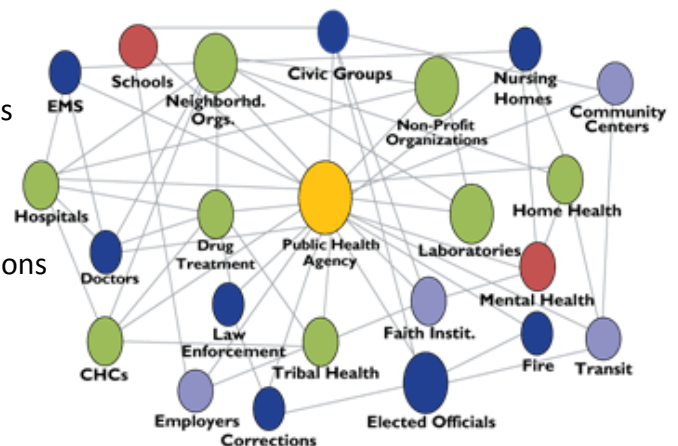
- Population – aging and more diverse
- Health care shortage area
- Changes with health care coverage
- Workforce – changes in economic base and workforce skills
- HIE/Technology

3. Local Public Health System Assessment - How are the Essential Services Provided?

Public health systems are commonly defined as “all public, private, and voluntary entities that contribute to the delivery of essential public health services within a jurisdiction.” This concept ensures that all entities’ contributions to the health and well-being of the community or state are recognized in assessing the provision of public health services.

The public health system includes:

- Public health agencies at state and local levels
- Healthcare providers
- Public safety agencies
- Human service and charity organizations
- Education and youth development organizations
- Recreation and arts-related organizations
- Economic and philanthropic organizations
- Environmental agencies and organizations



The 10 Essential Public Health Services

The 10 Essential Public Health Services describe the public health activities that all communities should undertake and serve as the framework for the National Public Health Performance Standards instruments.

Public health systems should

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



(Public Health System, 2014)

The Local Public Health System Assessment (LPHSA) answers the questions, "What are the components, activities, competencies, and capacities of our local public health system?" and "How are the Essential Services being provided to our community?"

This assessment involves the use of a nationally recognized tool called the **National Public Health Performance Standards Local Instrument**.

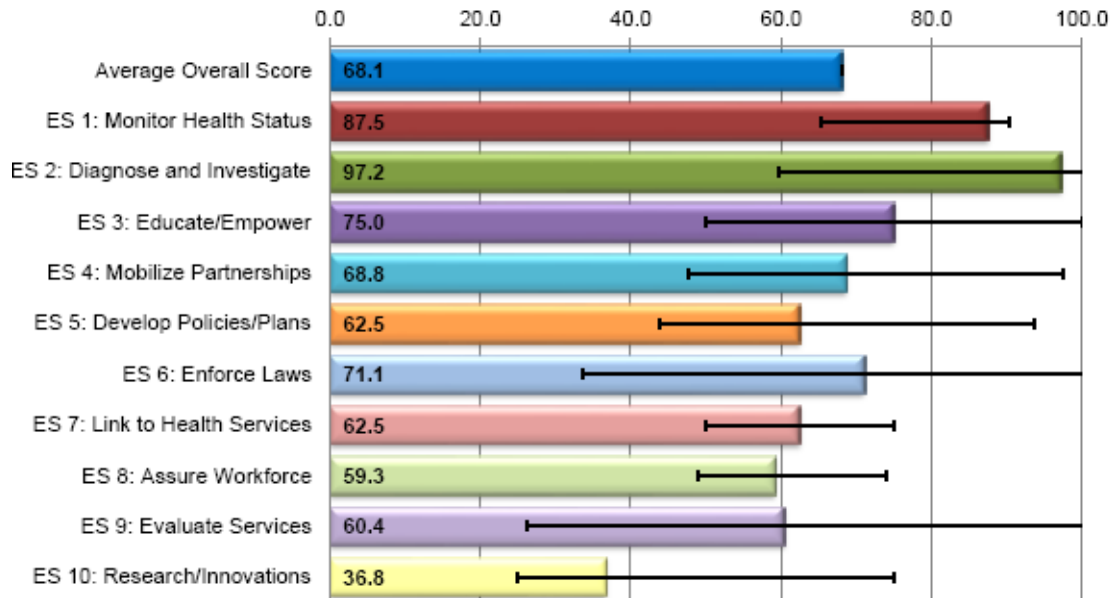
Members of the Allen County Health District completed the performance measures instrument. The LPHSA results were then presented to the full CHIP committee for discussion. The 10 Essential Public Health Services and how they are being provided within the community as well as each model standard was discussed and the group came to a consensus on responses for all questions. The challenges and opportunities that were discussed were used in the action planning process.

The CHIP committee identified 11 indicators that had a status of "minimal". The remaining indicators were all moderate, significant or optimal.

Community Conditions

The overall score of each of the 10 Essential Services is listed in the graph below. To see the full results of the LPHSA, please contact Allen County Public Health.

Allen County Local Public Health System Assessment 2013 Summary



4. Community Health Status Assessment - How healthy are our residents?

The Community Health Status Assessment, the Allen County Health Risk and Community Needs Assessment, was conducted in 2014, with a public release date of April 2015. The complete assessment can be found on Allen County Public Health's website, allencountypublichealth.org, under the Vital Statistics tab. This assessment provides a report on health concerns for both adults and youth in Allen County. Data from this report will be utilized for this Community Health Profile.

2016 Community Survey

Interviews by the West Central Ohio Health Ministries program coordinator were held with 21 individuals at the following organizations: Changing Seasons, Our Daily Bread Soup Kitchen, Northside Neighborhood Association, Martin Luther King Neighborhood Association, and St. Vincent Food Pantry. Survey results will be referenced as "St. Rita's Community Survey."

Community Conditions

On the whole, a person's zip code is a better predictor of his/her health status and life expectancy than his or her genetic code. The conditions in which we live explain in part why some Americans are healthier than others and why Americans generally are not as healthy as they could be. Everyone deserves an equal opportunity to make the choices that lead to good health. This section presents data about the social, physical and economic conditions in Allen County that also impact the health status of our community.

Demographics – Race and Age

Allen County is a rural county in Northwest Ohio. According to the 2010 US Census, Allen County has a population of 105,298 individuals. Lima, the county seat and largest city in Allen County has a population of 38,425. Population has steadily decreased since 1980.

Race

Allen County has become more racially and ethnically diverse in the last decade. Whites still make up the majority of the population at 83.3%. African Americans are the largest minority population in Allen County at 11.5%.

RACE	ALLEN	PERCENT
Total	105,298	100.0%
White alone	87,735	83.3%
Black or African American alone	12,079	11.5%
American Indian or Alaskan Native alone	402	0.4%
Asian alone	960	0.9%
Some other race alone	503	0.5%
Two or more races	3,619	3.4%
Hispanic	2,808	2.7%

(2014 Allen County Health Risk and Community Needs Assessment, U.S. Census 2010)

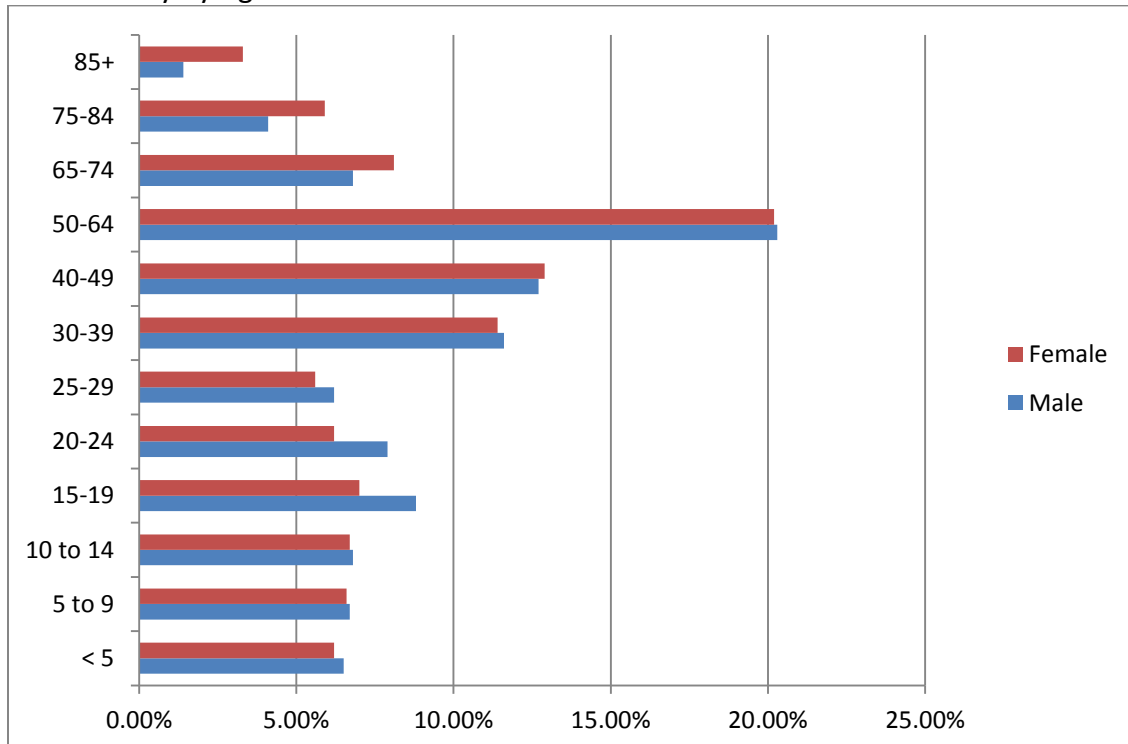
Age

The population of Allen County is aging. Information from the 2010 Census shows that 14.8% of the population is over the age of 65, compared to 14.2% during the 2000 Census. The table and chart below show the age and gender distribution of Allen County’s population.

ALLEN COUNTY POPULATION BY AGE COHORTS & GENDER						
Cohort	Male	Percent	Female	Percent	Total	% Total
< 5	3,501	6.5%	3,260	6.2%	6,761	6.4%
5 to 9	3,602	6.7%	3,481	6.6%	7,083	6.7%
10 to 14	3,645	6.8%	3,515	6.7%	7,160	6.7%
15-19	4,719	8.8%	3,675	7.0%	8,394	7.9%
20-24	4,226	7.9%	3,245	6.2%	7,471	7.0%
25-29	3,345	6.2%	2,938	5.6%	6,283	5.9%
30-39	6,231	11.6%	6,025	11.4%	12,256	11.5%
40-49	6,860	12.7%	6,821	12.9%	13,681	12.8%
50-64	10,913	20.3%	10,632	20.2%	21,545	20.2%
65-74	3,670	6.8%	4,258	8.1%	7,928	7.5%
75-84	2,175	4.1%	3,123	5.9%	5,298	5.0%
85+	743	1.4%	1,728	3.3%	2,471	2.3%
Total	53,630	100.0%	52,701	100.0%	106,331	100.0%

(2014 Allen County Health Risk and Community Needs Assessment, U.S. Census 2010)

Allen County by Age Cohorts and Gender



Determinants of Health

What factors affect our health? The County Health Rankings, developed by the Robert Wood Johnson Foundation, take four factors into account and weight their contribution to overall health. These are, Social and Economic Factors (40%), the Physical Environment (10%), Clinical Care (20%), and Health Behaviors (30%). Social Determinants of Health, according to the World Health Organization, are the conditions in which people are born, grow, live, work, and age, and the wider set of forces and systems shaping the conditions of daily life (Social determinants, 2016). The Social and Economic Factors and Physical Environment Factors included in the County Health Rankings fall into this definition.

The sections below include a brief description of why each of these factors is linked to the health and well-being of individuals. They also include information about Allen County, as it relates to these factors. The second two categories, Clinical Care and Health Behaviors, will be addressed later in this document.

Income

Low-income and minority neighborhoods are less likely to have access to recreational facilities and full-service grocery stores, and more likely to have higher concentrations of retail outlets for tobacco, alcohol, and fast foods. Adolescents who grow up in neighborhoods characterized by concentrated poverty are more likely to be a victim of violence; use tobacco, alcohol, and other substances; become obese; and engage in risky sexual behavior (Freeman, pp 709-712).

- In Allen County, 28.2% of children live in poverty compared to 23.6% in Ohio in 2012 (Kids Count, 2013).
- In Allen County, 15.0% of the residents live below the poverty level. In Lima, the poverty rate increases to 33.9% or approximately 1 in 3 residents. The table below also shows that Lima City residents have a lower per capita income and median household income when compared to Allen County residents.

INCOME COMPARISON, ALLEN COUNTY VS. CITY OF LIMA		
	Allen County	City of Lima
Per capita money income in the past 12 months	\$21,962	\$15,266
Median Household Income	\$43,030	\$28,050
Persons below poverty level	15.0%	33.9%

(Allen County Health Risk, 2014)

Poverty

RATIO OF INCOME TO POVERTY LEVEL AMONG ALLEN COUNTY INDIVIDUALS		
Poverty Level	Population	Percentage
Below 50% of Poverty Level	8,464	8.3%
50% to 99% of Poverty Level	10,386	10.2%
100% to 149% of Poverty Level	10,021	9.8%
150% to 199% of Poverty Level	11,004	10.8%
200% of Poverty Level or more	61,737	60.8%

(Ohio County Profiles, 2014)

Employment and Education

Education, employment, and health are linked. Without a good education, prospects for a stable and rewarding job with good earnings decrease.

Education is associated with living longer, experiencing better health, and practicing health-promoting behaviors such as exercising regularly, refraining from smoking, and obtaining timely health checkups and screenings (National Prevention Council, 2011).

Employment

Unemployed persons tend to have higher annual illness rates, lack of health insurance and access to care, and have an increased rate for death. The unemployment rate in February 2016 for Allen County was 5.2% compared to 5.6% in Ohio (Ohio Unemployment, 2016), a drop from the unemployment rate of 11.3% in 2009 (Ohio County Indicators, 2015).

Education

11.1% of Allen County residents have less than a high school diploma. This number is favorable compared to Ohio's percentage of individuals with less than a high school diploma (11.7%). Unfortunately, the number of residents with a bachelor's degree or higher is only 17.1%, compared to 24.6% and 28.5% in the state and U.S, respectively. The table shows the educational attainment for the population by race.

Community Conditions

The following tables show the difference in educational attainment of Allen County vs. Lima City residents (LACCA Community Assessment, 2013).

ALLEN COUNTY: EDUCATIONAL ATTAINMENT FOR THE POPULATION 25 YEARS & OVER						
Educational Attainment	White Population		African American Population		Total Population	
	Persons	Percent	Persons	Percent	Persons	Percent
Less than High School Diploma	5,984	10.1%	1,377	19.0%	7,701	11.1%
High school graduate, GED	25,093	42.3%	3,311	45.7%	29,252	42.1%
Some college, or Associates degree	17,593	29.6%	2,122	29.3%	20,685	29.8%
Bachelor's degree or higher	10,673	18.1%	439	9.0%	11,868	17.1%
Totals	59,343	100.0%	7,249	100.0%	69,506	100.0%

LIMA: EDUCATIONAL ATTAINMENT FOR THE POPULATION 25 YEARS & OVER						
Educational Attainment	White Population		African American Population		Total Population	
	Persons	Percent	Persons	Percent	Persons	Percent
Less than High School Diploma	2,735	16.6%	1,447	23.7%	4,336	18.5%
High school graduate, GED	6,969	42.3%	2,220	36.4%	9,484	40.6%
Some college, or Associates degree	4,734	28.7%	2,159	35.4%	7,190	30.8%
Bachelor's degree or higher	2,050	12.4%	279	4.6%	2,372	10.1%
Totals	16,488	100.0%	6,105	100.0%	23,382	100.0%

Compared to Lima, a higher percentage of adults in Allen County have a bachelor's degree or higher.

Access to Health Care Services

Persons aged 18-64 with no health insurance during the preceding year were seven times as likely as those continuously insured to forgo needed health care because of cost (Health Insurance Coverage, pp. 61-64). Additional discussion of access to care is included as one of the 15 Key Health Concerns found later in this document.

Community Conditions

- Individuals participating in a community survey stated that not having insurance, not affording prescription medications, and inability to pay were the top financial barriers that prevent individuals from receiving health care in our community (St. Rita's Community Survey, January, 2016).
- 11% of Allen County adults had no health care coverage/were uninsured (Allen County Health Risk, 2014).
- 22% of individuals in Allen County with incomes less than \$25,000 were uninsured (Allen County Health Risk, 2014).
- In 2013, 60.0% of Allen County children were enrolled in publicly funded healthcare/Medicaid compared to 50.6% in Ohio (Kids Count, 2013).

Housing Status

Affordability of housing is linked to the health and well-being of individuals and families. When a market lacks a sufficient supply of affordable housing, lower-income families are often forced to limit expenditures for food, medical care, and other necessities in order to pay rent (Freeman, pp. 709-712).

The percentage of renters spending 30% or more of household income on rent is 53.6% (LACRPC, 2010-2014a)

Other housing concerns in Allen County:

- In 2011, Allen County experienced a 7.4% increase in the number of renter-occupied housing units (LACCA Community Assessment, 2013).
- 31.1% of Allen County housing stock is rated fair or below average quality (LACCA Community Assessment, 2013).
- In 2011, 401 individuals were reported to be living in a shelter, in a structure deemed unfit for human habitation or within 72 hours of being homeless. This included 190 adults and 211 children (LACCA Community Assessment, 2013).

Food Security and Food Systems

Low-income and minority neighborhoods are less likely to have access to recreational facilities and full-service grocery stores and more likely to have higher concentrations of retail outlets for tobacco, alcohol, and fast foods.

Community Conditions

- A food desert within a census tract qualifies as a food desert if they meet low-income and low-access thresholds. There are 12 identified food desert census tracts in Allen County, affecting more than 29,000 people (Activate Allen County, 2016)
- In 2013, 55.8% of Allen County children were eligible for free and reduced lunch compared to 48.5% of Ohio children (Kids Count, 2013).

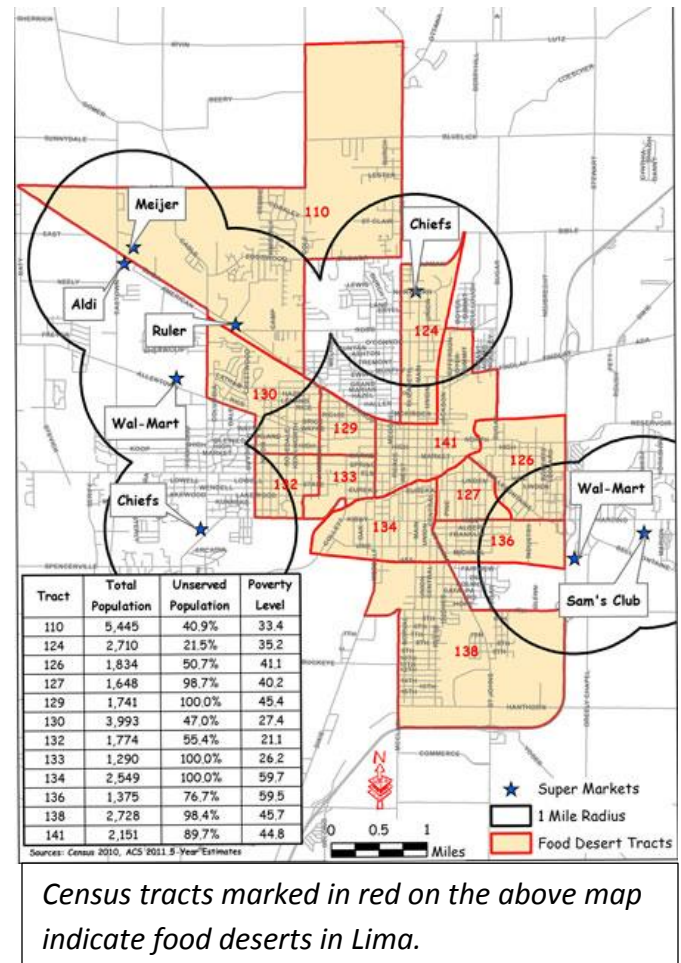
Discrimination and Social Support

Children living in families consisting of two married adults who are the biological or adoptive parents of all children in the family were generally healthier, more likely to have access to health care, and less likely to have emotional or behavioral difficulties than children living in nonnuclear families (Blackwell, p. 246).

Two out of five children in Allen County, or 43%, live in a single parent household. This ranks in the least favorable quartile. The US median is 30.8% (American Community Survey, 2008 – 2012).

Other social support concerns in Allen County include the following:

- Approximately 1 in 6 or 18% of Allen County residents report having inadequate social support (County Health Rankings, 2015).
- In 2013, the rate per thousand of child maltreatment in Allen County was 14.3 compared to 7.6 for Ohio (Kids Count, 2013).
- In 2013, the rate per thousand of felony adjudications in Allen County was 1.9 compared to 1.7 in Ohio (Kids Count, 2013).
- In 2014, Allen County Children Services conducted 955 investigations and assessments, a 28% increase over the last five years (Allen County Children’s Services, 2014).



Community Safety

Witnessing or being a victim of violence is linked to lifelong negative physical, emotional and social consequences (National Prevention Council, 2011).

The rate of violent crime for Allen County was 386 per 100,000 in 2014. This is an improvement from 2012, with a rate of 519 per 100,000. The U.S. median is 199 per 100,000 (Ohio Office of Criminal Justice).

15 Key Health Topics

The next section highlights 15 key health topics that fall into the other two categories listed by the Robert Wood Johnson's County Health Rankings that impact health: Clinical Care and Health Behaviors. Local health indicators for each of these 15 health topics are updated regularly on the Lima Allen County Regional Planning Commission's website by the Healthy Community Institute.

1. Access to Health Services
2. Cancer
3. Diabetes
4. Disabilities
5. Exercise, Nutrition and Weight
6. Family Planning
7. Heart Disease and Stroke
8. Immunizations and Infectious Diseases
9. Maternal, Fetal and Infant Health
10. Mental Health and Mental Disorders
11. Oral Health
12. Prevention and Safety
13. Respiratory Diseases
14. Substance Abuse
15. Wellness and Lifestyle

Access to Health Services

Current Situation – Lack of access to health services prevents individuals from receiving preventive and proper medical care needed to live healthy lives. The groups at highest risk of being unable to access medical care include the uninsured, men, the disabled, and those with lower incomes (<\$25,000). Three census tracts in Lima (136, 137, and 138) have been designated as Primary Care Health Professional Shortage Areas (U.S. Dept of HHS, HPSA).

Key Data Points

- In Allen County, the ratio of population to Primary Care Physicians is 1,516:1. Ohio's ratio is 1,332:1 and the U.S. Benchmark is 1,051:1 (County Health Rankings, 2014).
- 13% of Allen County residents are uninsured compared to 14% of Ohioans and 11% of U.S residents (County Health Rankings, 2014).
- 94.1% of Allen County children have health insurance (LACRPC, 2014b).

Trends

Successes

- The percentage of the population under the age of 65 without health insurance has decreased since 2009 from 14% to 11% in 2014 (Allen County Health Risk, 2014).

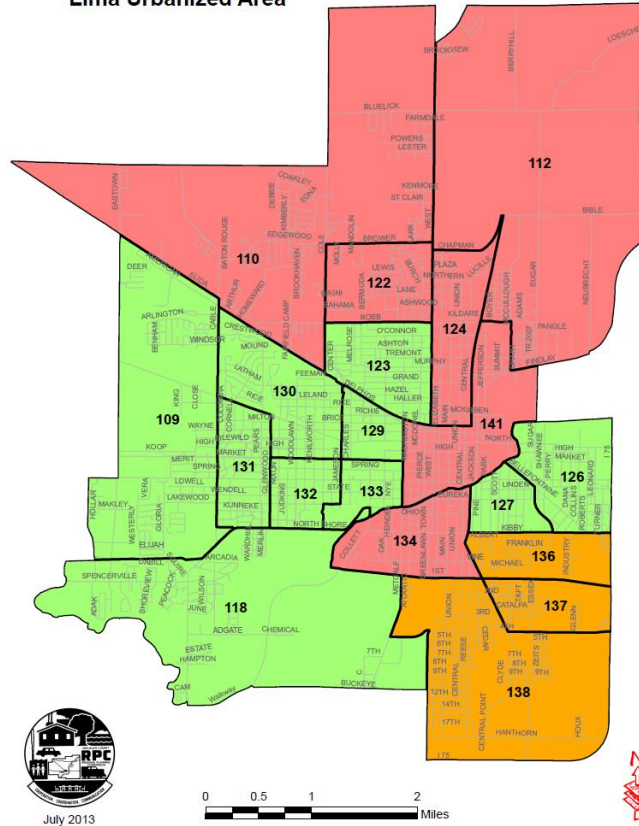
Opportunities for Improvement

- There are 4 census tracks in the south side of Lima (134, 136, 137, 138) and 5 census tracts in North Lima (110, 112, 122, 124, 141) that have been designated as Medical Underserved Areas/Populations (U.S. Dept. of HHS, 2016).
- There continues to be a need for additional health care providers in the community (see first Key Data Point).

At-A-Glance

Health Professional Shortage Areas are designated by HRSA (Health Resources and Services Administration) and are based on the number of providers in a location. Medically Underserved Areas/Populations are areas designated by HRSA as having: high infant mortality, too few primary care providers, high poverty and/or high elderly population. In the following map the pink census tracks indicate the Medically Underserved Areas in Allen County, and the orange census tracks are both Medical Underserved Areas and Primary Care Health Professional Shortage Areas.

2010 Census Tract Boundaries:
Lima Urbanized Area



What is being done in our Community?

Health Partners of Western Ohio (HPWO), a Federally Qualified Health Center opened in 2003. The clinic provides health services, which include medical care, dental care, mental health care, pharmacy services, substance abuse treatment and social services and outreach. In 2014, Health Partners of Western Ohio opened a North side clinic. Also in 2014, HPWO opened the Spartan Community Health Center at Lima Senior High School. This site is a school based clinic, but accepts patients of all ages. For more information, visit www.hpwohio.org.

Lima Memorial Health System and St. Rita’s Medical Center help individuals who need assistance in paying their medical bills. The Consumer Assistance Program (CAP) is available for those who qualify. Assistance is also given to individuals to obtain Medicaid.

A federal Navigator at St. Rita’s and Certified Application Counselors at Health Partners assist individuals with choosing the right health plan through the Affordable Care Act.

Cancer

Current Situation – Cancer is the 2nd leading cause of death in Allen County. It can affect anyone, but is more common in aging individuals, men and blacks or African Americans. According to the 2014 Allen County Health Risk and Community Needs Assessment, the four most common cancer sites include lung/bronchus, breast, prostate, and colon/rectum. Lung/bronchus cancer has the highest incidence rate in Allen County (Ohio Department of Health, 2014).

Key Data Points

- The incidence rate of new cancers (all sites/types) is 472.9 per 100,000 in Allen County. Ohio's rate is 465.1 per 100,000 (Ohio Department of Health, 2014).
- The incidence rates for Lung/Bronchus and Breast cancers in Allen County compared to Ohio are the following: *Lung/Bronchus* – 78.0 in Allen County, 72.8 in Ohio; *Breast* – 118.1 in Allen County; 119.1 in Ohio (Ohio Department of Health, 2014).
- In 2014, 57% of Allen County women over the age of 40 reported having a mammogram within the last year. In 2009, 52% reported having a mammogram during the past 2 years (Allen County Health Risk, 2014).
- In 2014, 26% of Allen County adults have had preventative prostate cancer screenings or exams in the past two years (Allen County Health Risk, 2014).

Trends

Successes

- The percentage of women over 40 who report having a mammogram based on the current recommendations is increasing (Allen County Health Risk, 2014).

Opportunities for Improvement

- The percentage of Allen County adults over 50 who have had colon cancer testing within the last 5 years has decreased slightly from 54% in 2009 to 53% in 2014 (Allen County Health Risk, 2014).

At-A-Glance

Comparison of Lung and Bronchus, and Breast Cancer Rates in Allen County and Ohio

	Lung & Bronchus						Breast	
	Male		Female		Total		Female	
	Cases	Rate	Cases	Rate	Cases	Rate	Cases	Rate
Ohio	5,129	90.5	4,307	59.8	9,435	72.8	8,268	119.1
Allen	55	103.1	39	59.5	94	78.0	74	118.1

(Ohio Department of Health, 2014)

What is being done in our Community?

The *American Cancer Society* (<http://www.cancer.org/>) offers many programs for those diagnosed with cancer, including programs to:

- assist patients and their family members in finding information about their recent diagnosis,
- assist patients in meeting their day-to-day needs, and
- provide emotional support.

The *Breast Cancer Coalition* was established in 2011. Goals of this group are: to continue to raise awareness, provide education to the community, and begin providing continuing education for area health professionals.

The *Colorectal Cancer Coalition* was established in 2003. This group has been successful in providing information to the medical community about the importance of early screening and the latest, most effective technology. This group has also provides awareness and education to the community.

Diabetes

Current Situation – In the United States, diabetes is the 7th leading cause of death and is a major cause for heart disease and stroke. While adults over the age of 65 have the highest rate of diabetes, all age groups are affected by this disease. In Ohio, blacks or African Americans have a greater risk of diabetes than whites. Diabetes is also more common in individuals with an income level less than \$15,000 and those with less than a high school diploma (Ohio DPCP, 2012). Individuals participating in a community survey cited diabetes as a health topic requiring immediate attention (St. Rita’s Community Survey, January 2016).

Key Data Points

- 12% of Allen County residents have been diagnosed with diabetes, compared to 11% in Ohio and of 11% U.S. residents (Allen County Health Risk, 2014).
- The age-adjusted death rate due to diabetes in Allen County is 25.3 deaths per 100,000, compared to Ohio’s rate of 26.1 deaths per 100,000 (LACRPC, 2012-2014c).
- The percentage of Allen County Diabetic Medicare enrollees that receive a hemoglobin A1c screening is 83%, compared to Ohio at 84%. The U.S. Benchmark is 90% (County Health Rankings, 2014).

Trends

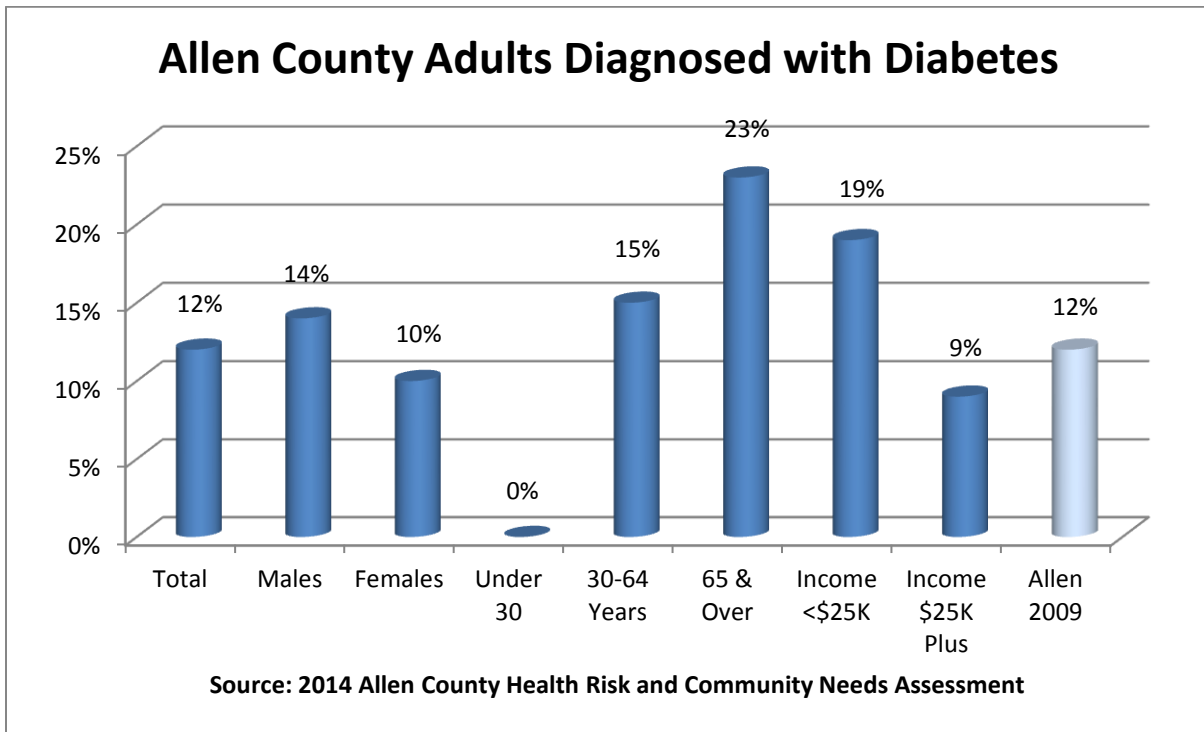
Successes

- The age-adjusted death rate due to diabetes has decreased from 28.3 deaths per 100,000 in 2009 to 25.3 deaths per 100,000 in 2014 (Allen County Health Risk, 2014).

Opportunities for Improvement

- The percentage of Allen County Medicare enrollees who receive a hemoglobin A1c screening decreased from 86% in 2013 to 83% in 2014 (County Health Rankings, 2014).
- 19% of low income adults (<\$25,000) in Allen County have diabetes compared to 12% for the county (Allen County Health Risk, 2014).

At-A- Glance



What is being done in our Community?

Healthy U, also known as Chronic Disease Self-Management Program, is a workshop offered by the Area Agency on Aging 3 (AAA3). AAA 3 is also partnering with the Ohio Commission on Minority Health in its Minority Diabetes Initiative to reach those diagnosed with Pre-Diabetes or Diabetes Type 1 & 2.

Diabetes Clinics (St. Rita’s Medical Center and Lima Memorial Health System) - Certified Diabetes Educator nurses and dietitians work with clinical pharmacists to educate clients on their health conditions, how medications work and how to manage any problems. Care is closely coordinated with the referring provider and any other providers involved in the patient’s care.

Diabetes Prevention Program, Lima Family YMCA – In order to reduce the incidence of diabetes in Allen County, this program is aimed towards people with pre-diabetes and focuses on promoting healthy lifestyle changes, such as improving food choices and increasing physical activity.

Disabilities

Current Situation – About one in five people in the United States report having a disability. Disabilities can be physical, emotional or cognitive. Depending on the type and severity of the disability, the affected individual may not be able to maintain employment and may need to rely on others for assistance, taking away their independence. Previous Allen County assessments have shown that individuals over 65 and those earning less than \$25,000 were more likely to report having a disability (Allen County Health Risk, 2014).

Key Data Points

- 18% of Allen County residents reported being limited in some way because of a physical, emotional or mental problem (Allen County Health Risk, 2014).
- 6.3% of Allen County residents reported having a cognitive difficulty, compared to 5.1% in the U.S. (LACRPC, 2014d).
- 15.4% of Allen County residents reported having a disability, compared to 12.6% in the U.S. (LACRPC, 2014e).
- 6.1% of Allen County residents reported having an independent living difficulty, compared to 5.9% in the U.S (LACRPC, 2014f).

Trends

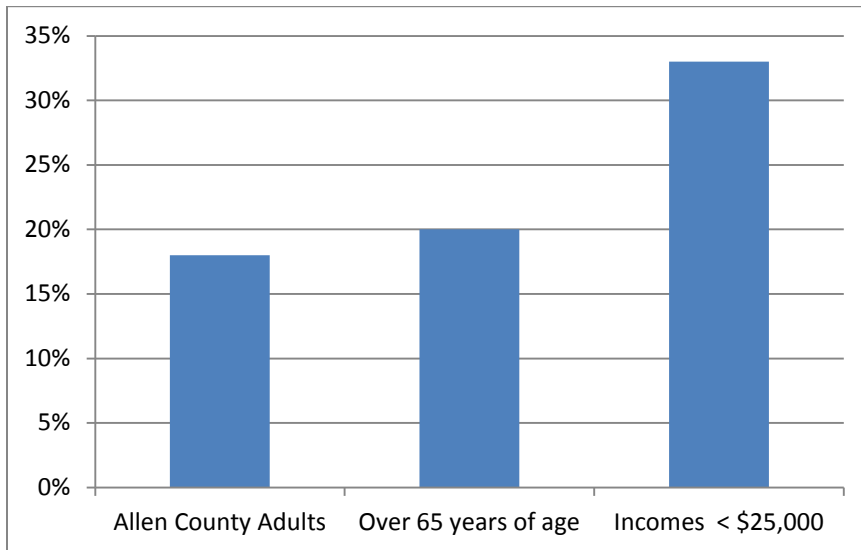
Successes

- Specialized paratransit services have been used in Allen County to help meet the transportation needs of the elderly and individuals with disabilities.
- The percentage of Allen County residents reporting a disability has decreased from 23% in 2009 to 18% in 2014 (Allen County Health Risk, 2014).

Opportunities for improvement

1 in 3 (33%) of Allen County adults with incomes less than \$25,000 were limited in some way because of a physical, mental, or emotional problem, compared to 1 in 8 (12%) of those with incomes more than \$25,000 (Allen County Health Risk, 2014).

At-A-Glance



This graph shows the higher percentage of individuals reporting disabilities who are over age 65 and who report incomes less than \$25,000 (Allen County Health Risk, 2014).

What is being done in our Community?

The *Allen County Board of Developmental Disabilities (ACBDD)* (www.acbdd.org) serves over 900 individuals annually, from birth with Help Me Grow services through a wide array of aging services. To qualify, an individual must have a disability prior to their 22nd birthday. ACBDD provides services through preschool programs, Marimor School and Marimor Industries.

Multiple agencies in the area provide services to those with disabilities through the use of Medicaid Waivers. Waivers for home support and homemaker personal care services are also available.

Opportunities for Ohioans with Disabilities (www.ood.ohio.gov) helps individuals with disabilities find employment.

The *Allen County Council on Aging* provides transportation, adult day care, and other services to Allen County residents age 60 and older.

Children’s Developmental Center, Lima, serves children from birth to school-age who have a special need. Developmental classes, physical therapy, occupational therapy, speech therapy and equestrian therapy are offered through this program.

The *ARC of Allen County* (<http://www.arcallencounty.org/join.htm>) empowers individuals with developmental and intellectual disabilities to reach their highest level of achievement, independence, and self-esteem and improve their quality of life.

Exercise, Nutrition and Weight

Current Situation

Inadequate exercise, poor nutrition and increased weight are risk factors that are linked to many health problems, including cardiovascular disease, diabetes and many types of cancer. These issues affect individuals throughout our country and county, regardless of gender, age or socioeconomic status. In Allen County, individuals with incomes less than \$25,000 are more likely to be obese (Allen County Health Risk, 2014).

Key Data Points

- 67% of Allen County adults are overweight or obese, compared to 65% of Ohio adults and 64% of U.S. Adults (Allen County Health Risk, 2014).
- 39.3% of Allen County 3rd Graders are overweight or obese, compared to 34.7% of Ohio's 3rd Graders (A Report on the BMI of Ohio's 3rd Graders, 2010).
- 28% of Allen County adults reported no leisure time physical activity, compared to 27% of Ohio adults and 21% of U.S. adults. (County Health Rankings, 2014).
- 14% of Allen County residents have limited access to healthy food, compared to 7% of Ohio's residents (Food Access, 2013).

Trends

Successes

- The combined rate of obesity and overweight has decreased 10 percentage points, from 77% to 67%. Obesity dropped from 41% to 33% and overweight dropped from 36% to 34% (Allen County Health Risk, 2014).
- The number of individuals reporting regular physical activity is increasing in Allen County (County Health Rankings, 2014).

Opportunities for Improvement

- Despite the positive trend in weight status, 2 out of 3 adults (67%) are overweight or obese in Allen County, putting them at elevated risk for a variety of diseases (Allen County Health Risk, 2014).

Key Health Topics

At-A-Glance

Lima Food Desert Solutions Map

Apples: Healthy Corner Stores

Bread: Food Pantries

Shopping carts: Grocery Stores

Shovels: Community Gardens



What is being done in our Community?

This map is made possible with funding from the Centers for Disease Control and Prevention (Partnerships to Improve Community Health).

Partnerships to Improve Community Health (PICH) – Through a grant from the Centers for Disease Control, PICH works to promote healthy eating and active living. Activities include “Healthy Happens Here” healthy corner store initiative and healthy restaurant labeling. For more information visit activateallencounty.com

Creating Healthy Communities (CHC) – Through a grant from the Ohio Department of Health, the Allen County Health Department’s (CHC) program also works to improve physical activity and nutrition in schools, preschools, worksites and the community. Activities include Farm to School, Ohio Healthy Program training for preschools, and healthy commute program. More information about CHC programs can be found at allencountypublichealth.org.

The Allen County Food Policy Council was convened in 2014, and compiled a [Food System Assessment of Allen County](#), available on the Activate Allen County website. The goal of the Council is to form a stronger local food system, accessible to people of all income levels at local markets, groceries, restaurants and other institutions.

The mission of the *Allen County Bike and Pedestrian Task Force* is to make Allen County more bike and pedestrian friendly. For more information, visit activateallencounty.com.

Elida, Lima City, and Spencerville School districts are implementing infrastructure changes through the Safe Routes to School Program to make it safe for children to walk and bike to school.

Family Planning

Current Situation - Despite the number of teen births decreasing, Allen County is ranked as 11th highest in the state. Teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen parents and their children. Pregnancy and birth are significant contributors to high school dropout rates among girls (Centers for Disease Control, 2016).

Key Data Points

- 45% of Allen County High School youth reported having sexual intercourse compared to 43% of Ohio youth and 47% of United States youth (Allen County Health Risk, 2014).
- 12% of Allen County teens who are sexually active do not use a reliable form of birth control (Allen County Health Risk, 2014).
- In 2012, the teen birth rate for 15-17 year-olds in Allen County was 16.9 per 1,000, compared to the teen birth rate to the Ohio rate of 12.3 per 1,000 (Allen County Health Risk, 2014).
- In 2014, there were 96 births to teenage mothers in Allen County compared to 109 births in 2013 and 134 births in 2012 (Allen County Public Health Vital Statistics).

Trends

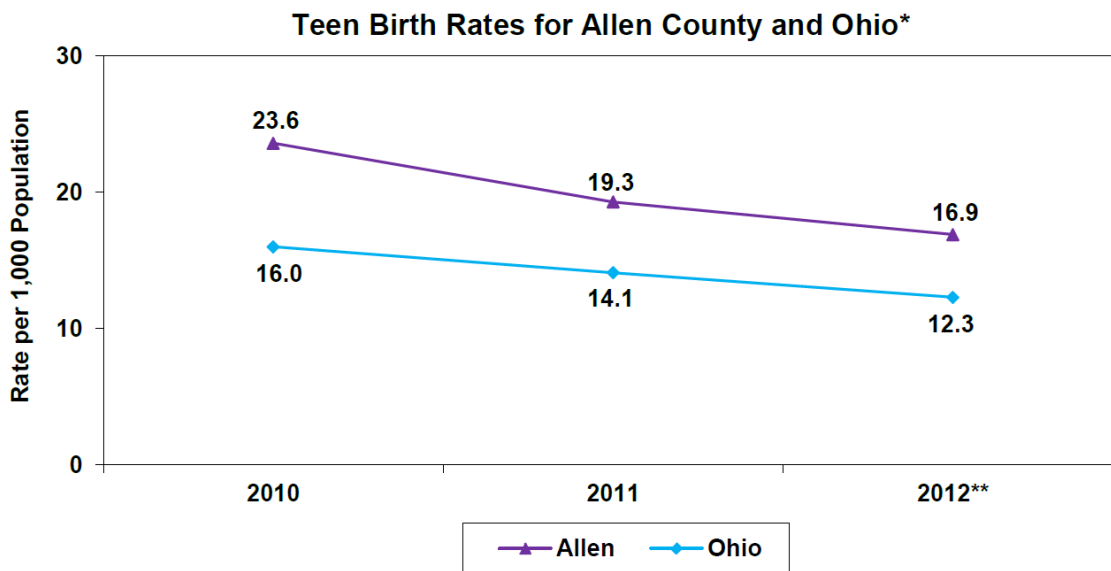
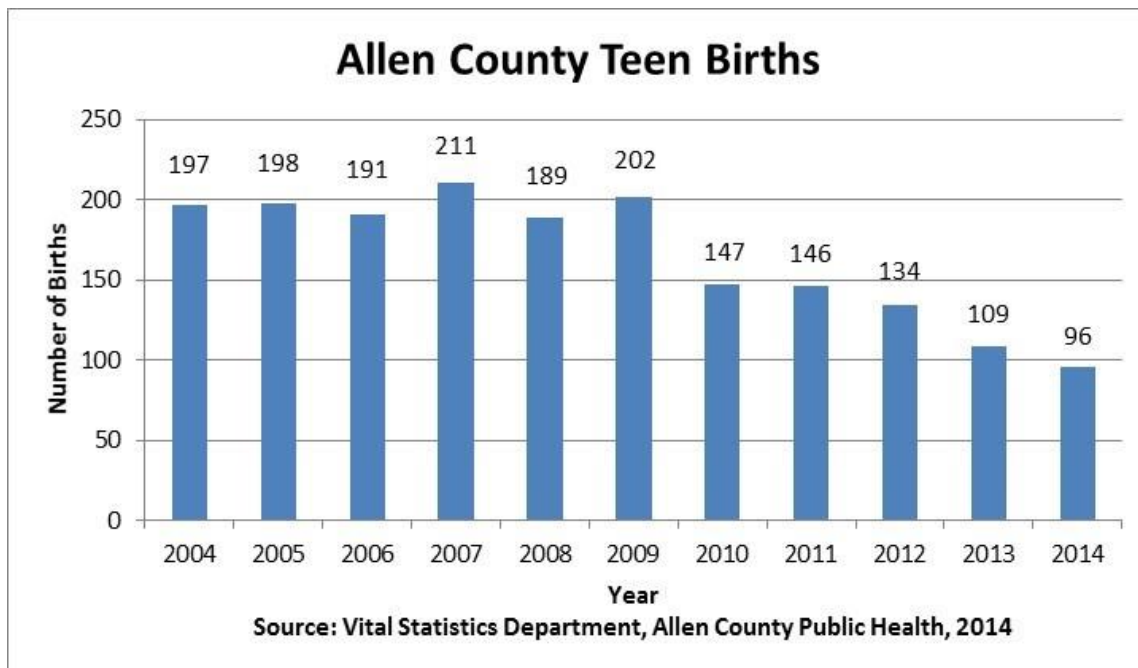
Successes

The number of births to teen mothers in Allen County has decreased steadily from 202 births in 2009, to 96 births in 2014 (Allen County Public Health Vital Statistics).

Opportunities for improvement

- Review of the 2014 Allen County teen births shows that the majority of births among these young women occurred in 19 year olds (47%). Twenty-two percent of Allen County teen births in 2014 were to African Americans; African Americans make up only 11.5% of the total population in Allen County.
- *The Teen Pregnancy Prevention Task Force* is no longer meeting. The program had provided education in the schools using an evidence-based curriculum.

At-A-Glance



What is being done in our Community?

Guiding Light, a house for pregnant teens and young mothers, opened its doors in 2013. Guiding Light serves women who have no permanent place to live.

Heart Disease and Stroke

Current Situation – Heart disease is the leading cause of death in Allen County while stroke is the 3rd leading cause of death. Cardiovascular disease accounts for 21% of all deaths in Ohio. In Allen County, the older population, individuals with an income less than \$25,000 and those with less than a high school diploma have been shown to have a higher incidence of heart disease (Allen County Health Risk, 2014).

Key Data Points

- 1 in 3 (33%) Allen County adults have been diagnosed with high blood pressure. The prevalence of high blood pressure in Ohio was 34%, and for the United States was 31% (Allen County Health Risk, 2014).
- The 2013 age-adjusted death rate for heart disease in Allen County was 136.2 per 100,000 people. The rate in Ohio was 124.3 per 100,000 people (LACRPC, 2012-2014g).
- The 2013 age-adjusted death rate for stroke in Allen County was 42.2 per 100,000 people. The rate in Ohio was 41.3 per 100,000 people (LACRPC, 2012-2014h).

Trends

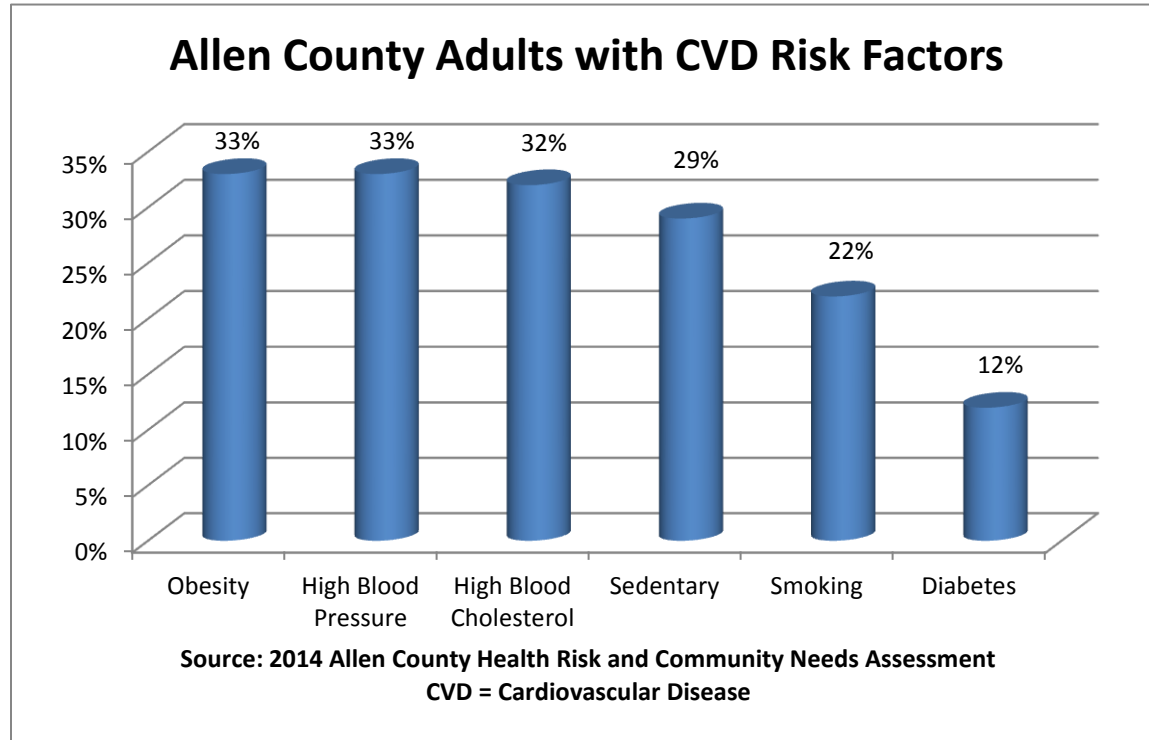
Successes

- In Allen County, the age-adjusted mortality rate for heart disease decreased from 217.3 per 100,000 in 2010 to 136.2 per 100,000 in 2013 (ODH Information Warehouse).

Opportunities for Improvement

- A comparison of 2009 and 2014 Allen County Needs Assessment data shows an increase in the percentage of individuals who reported: having a heart attack, high blood pressure and high cholesterol (Allen County Health Risk, 2014).

At-A-Glance



What is being done in our Community?

Healthy U is a program offered by the Area Agency on Aging 3 to the senior population in Allen County. *Healthy U* is a 6-week program that focuses on living with chronic conditions and goal setting to improve outcomes.

The *Partnerships to Improve Community Health (PICH)* and the *Creating Healthy Communities (CHC)* programs are addressing cardiovascular risk factors in Allen County. Both programs are focusing on policy, system and environmental changes so that the benefits of these actions will last long into the future. For more information about these programs visit: www.activateallencounty.com and www.allencountypublichealth.org.

Mended Hearts Chapter 111 is a support group for individuals who have undergone any heart surgery procedure. This group addresses cardiovascular risk factors and provides education about how to live a healthy lifestyle.

Advanced Stroke Life Support education was provided to both hospitals in Lima and the local EMS in 2008-2009. An improved stroke protocol was implemented county-wide so that those responding to stroke victims do so in a manner that is more likely to result in better outcomes.

Immunizations and Infectious Diseases

Current Situation – Immunizations are recommended throughout life to reduce vaccine-preventable diseases. The recommended childhood vaccines help protect children from 17 different diseases and there are additional diseases that can be prevented by vaccines not on the regular child/adult schedule.

While the leading causes of death in Allen County are related to chronic conditions brought about by lifestyles, some infectious diseases continue to cause morbidity and mortality. Infectious diseases can affect anyone at any age. However, the very young and the elderly have a higher rate of illness for most diseases, excluding Sexually Transmitted Diseases (STDs) that are more likely to occur among teenagers and young adults (15-24 years of age).

Key Data Points

- In 2014, 50% of Allen County adults reported receiving a flu shot during the last 12 months (Allen County Health Risk, 2014).
- The Chlamydia rate in Allen County in 2014 was 561.3 cases per 100,000 population, compared to the Ohio rate of 469.3 cases per 100,000 population (2010-2014 Ohio Infectious Disease Status Report: Chlamydia).
- The Gonorrhea rate in Allen County in 2014 was 145.3 cases per 100,000 population, compared to the Ohio rate of 138.6 cases per 100,000 population (2010-2014 Ohio Infectious Disease Status Report: Gonorrhea).

Trends

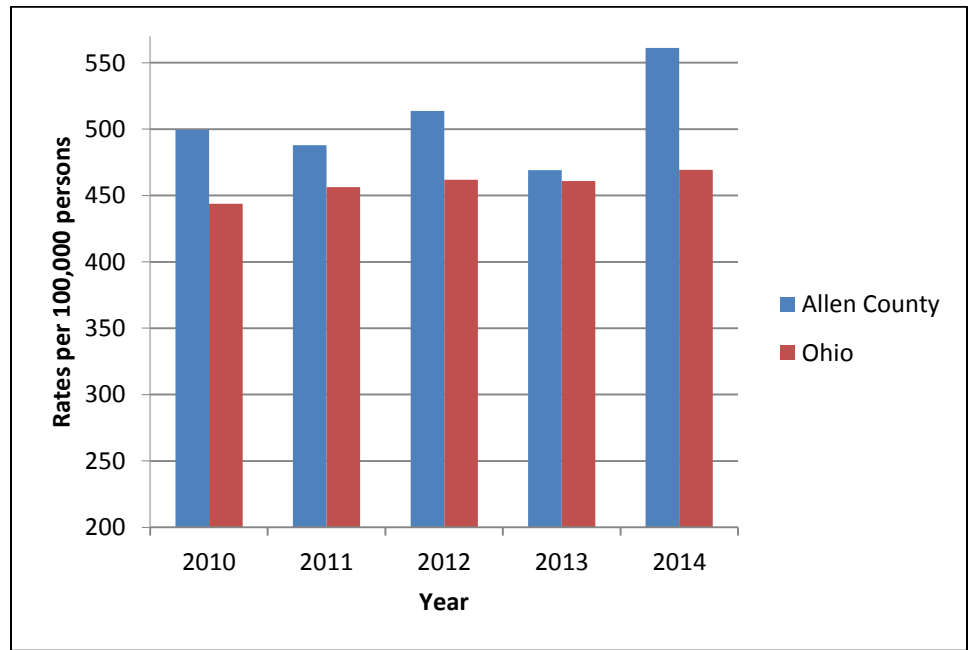
Successes

- According to the 2014 Allen County Community Needs Assessment, the percentage of adults receiving a flu shot increased from 35% in 2009 to 50% in 2014.

Opportunities for Improvement

- The Chlamydia rate in Allen County increased from 507.8 cases per 100,000 persons in 2012 to 561.3 cases per 100,000 persons in 2014 (2010-2014 Ohio Infectious Disease Status Report: Chlamydia).
- The Gonorrhea rate in Allen County increased from 95.9 cases per 100,000 persons in 2012 to 145.3 cases per 100,000 persons in 2014 (2010-2014 Ohio Infectious Disease Status Report: Gonorrhea).

At-A-Glance



This chart reflects the rate of Chlamydia for Allen County compared to Ohio. Rates are per 100,000 cases of disease (2010-2014 Ohio Infectious Disease Status Report: Chlamydia).

What is being done in our Community?

Reproductive Health & Wellness for Men & Women (the Family Planning Clinic and STD Clinic at Allen County Public Health) serves both males and females. Screening exams include pap tests, breast health exams, male reproductive health exams, and screening tests for Sexually-Transmitted Infections. Treatment is provided as needed. HIV and Hepatitis C testing are also available along with pregnancy testing. Various forms of reversible contraceptive products are also available through this clinic. For more information visit: www.allencountypublichealth.org, Nursing, Clinics tabs.

Adult & Childhood Immunizations are available for infants, children, adolescents and adults through Allen County Public Health, who also participates in the Vaccine for Children (VFC) Program through the Ohio Department of Health. A variety of adult vaccinations are also available including Hepatitis A, Hepatitis B, and Zostavax. Travel vaccinations which include Yellow Fever and Typhoid are also available. For more information visit: www.allencountypublichealth.org, Nursing tab.

Lima Memorial Health System and St. Rita’s Medical Center - To prevent the spread of pertussis (whooping cough) these hospitals provide the Tdap (Tetanus, Diphtheria and Pertussis) vaccine to all new mothers before they leave the hospital with their baby.

Maternal, Fetal and Infant Health

Current Situation – Infant mortality is one of the most important measures of the health of a nation. Ohio’s infant mortality rate is 7.4 deaths per 1,000 live births compared to the national rate of 6.0 deaths per 1,000 live births (National Vital Statistic System, 2013). Allen County’s rate is 7.5 per 1,000 live births. In Allen County, the black or African American infant mortality rate is about double that of the white population, 13.8 compared to 6.0 (Number of Infant Deaths, 1999-2000).

Key Data Points

- In 2014, 8.8% of Allen County births were low birth weight babies, compared to 8.5% of births in Ohio (ODH Information Warehouse).
- In 2014, 12.9% of the babies born in Allen County were pre-term or very pre-term compared to 12.2% in Ohio (ODH Information Warehouse)
- In 2010, 22.9% of births in Allen County were to mothers who smoked and 17.8% of Ohio mothers, compared to the Healthy People 2020 goal of 1.4% (LACRPC, 2010i).
- The 2014 Breastfeeding Report Card shows that the “Ever Breastfed” rate in Ohio was 70.1% compared to 79.2% in the United States (Breastfeeding Report Card). Allen County Women, Infants and Children’s (WIC) “Ever Breastfed” rate was 61% in 2014 (Percent of Clients Initiating Breastfeeding, 2014).

Trends

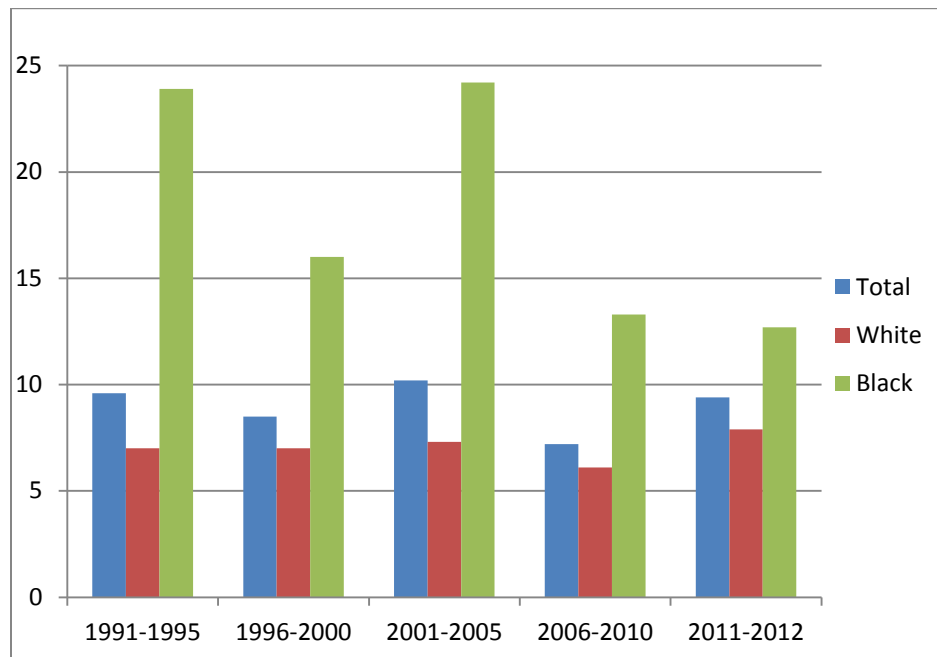
Successes

- In Allen County, the African American or black infant mortality rate decreased from 24.2 per 1,000 in 2001-2005 to 13.3 per 1,000 in 2006-2010 (Number of Infant Deaths and Infant Mortality Rates).
- Early prenatal care (care that occurred in the first trimester) in Allen County increased from 77.2% in 2006 to 79.1% in 2010 (LACRPC, 2010j).

Opportunities for Improvement

- The low birth weight rate in Allen County has increased from 7.2 per 1,000 live births in 2013 to 10.0 per 1,000 live births in 2014 (ODH Information Warehouse).
- Allen County WIC’s “Ever Breastfed” rate decreased from 66% in 2012 to 61% in 2014.

At-A-Glance



This table shows the differences in Infant Mortality Rates among the White and African American populations in Allen County (Ohio Department of Health, 1991-2010 and 2007-2012).

What is being done in our Community?

The *Caring for Two Program* began in 2003 and provides services to African American women of childbearing age in the 45801 and 45804 zip codes. The program provides education to the mothers about how to have a healthy pregnancy and raise a healthy child. Community Health Workers also assist women in their program to make and keep prenatal and pediatric appointments. For more information visit: www.allencountypublichealth.org, Nursing tab.

The Maternal Infant Task Force was convened in 2015 and is working to improve pregnancy outcomes through a variety of strategies, including a Baby Basics pilot program.

Partnerships to Improve Community Health is working with local hospitals on First Steps for Healthy Babies, a breastfeeding initiative by the Ohio Department of Health and Ohio Hospital Association. The goal of this initiative to achieve optimal infant feeding outcomes and mother/baby bonding.

A *Breastfeeding Coalition* with representatives from Creating Healthy Communities, Partnerships to Improve Community Health, and the Allen County Women, Infants and Children program assisted 19 worksites in adopting breastfeeding policies and making their businesses and organizations breastfeeding-friendly.

Mental Health and Mental Disorders

Current Situation – Good mental health is important for overall physical health and well-being. Those with poor mental health have been shown to have higher incidences of multiple physical health problems. Individuals with serious and persistent mental illness die approximately 25 years younger than the average American (Mental Illness Facts, 2013). Reports from Allen County Public Health’s Vital Statistics Department show that middle-aged white men were more likely to commit suicide. Allen County is a Mental Health - Health Professional Shortage Area (U.S. Dept. of HHS, MUA/P). Community members participating in a community survey ranked mental health/substance abuse as a topic most troubling for adults and youth, and requiring the most immediate attention (St. Rita’s Community Survey, January 2016).

Key Data Points

- The average number of “poor mental health days” reported in the last 30 days was 4.0 in Allen County, compared to 3.8 in Ohio and 2.4 in the U.S. (County Health Rankings, 2014).
- 62% of Allen County residents experiencing depression reported having a physical health impairment, compared to 27% of those not depressed (Allen County Health Risk, 2014).
- The age-adjusted rate of suicide in Allen County was 11.1 per 100,000 in 2012-2014. The Healthy People 2020 national target is to reduce the suicide rate to 10.2 per 100,000 (LACRPC, 2012-2014k)
- Nearly 1 in 5 (18%) of Allen County high school youth reported that they seriously considered attempting suicide in 2013 compared to 14% for Ohio youth and 17% of the youth in the U.S. (Allen County Health Risk, 2014).

Trends

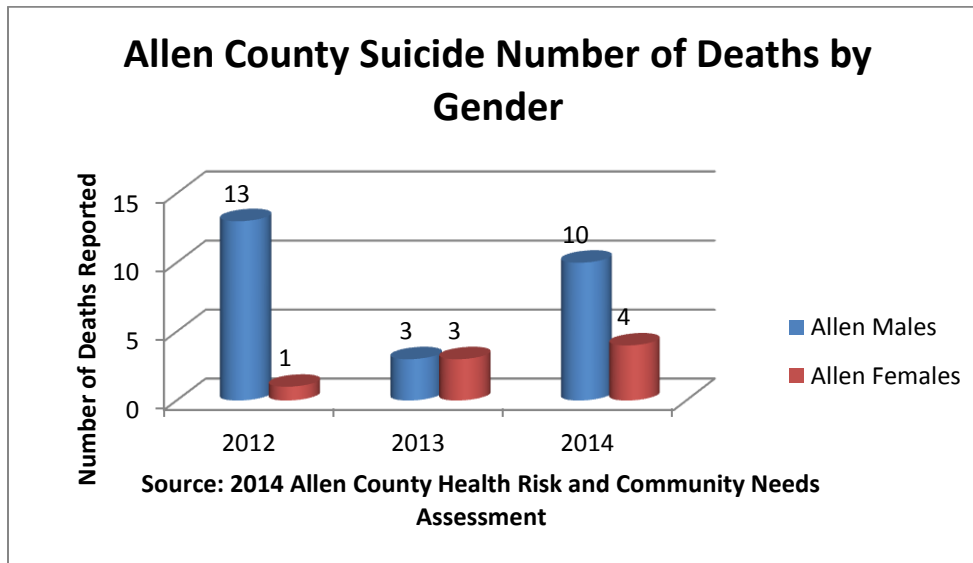
Successes

- Local agencies and health care providers are working together to integrate mental health and physical health care.
- The age-adjusted suicide rate in Allen County has decreased from 11.9 per 100,000 in 2006-2008 to 11.1 per 100,000 in 2012-2014 (ODH Information Warehouse).

Opportunities for Improvement

- The number of Allen County youth seriously considering attempting suicide has increased from 11% in 2008 to 18% in 2013 (Allen County Health Risk, 2014).

At-A-Glance



What is being done in our Community?

[Partnership for Violence Free Families \(PVFF\)](#) was established in 2001 and includes substance abuse, campus violence, mental wellness, suicide, and gambling addiction prevention.

[We Care People](#) (Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties) and partner agencies work to provide prevention/treatment services to area residents.

[Coleman Professional Services](#) provides behavioral health and rehabilitation programs. Residential services are also made available through this agency.

[Family Resource Center of Northwest Ohio](#) provides specialized health services to youth and families.

[Health Partners of Western Ohio](#) provides on-site Mental Health Services for their clients.

[SAFY Behavioral Services](#) provides outpatient behavioral health services for any individual or family from birth through adulthood.

[Open Gate](#) links residents to the programs or services they need to help lead a productive life. Over 30 agencies are represented at this monthly session.

[St. Rita's Medical Center, Behavioral Health](#) provides a geriatric psychiatry program for persons 55 and older who are dealing with psychiatric stress. They also offer an adult psychiatry program designed for patients 18-54 years of age. The Behavioral Access Center is also available to offer a streamlined approach to identifying and coordinating the most appropriate level of service needed.

Oral Health

Current Situation – Good oral health is a key component to good physical health. Those without dental issues are more likely to be able to eat nutritious foods such as fruits and vegetables. Allen County information shows that those least likely to see a dentist include people with incomes less than \$25,000 and adults under the age of 30 (Allen County Health Risk, 2014).

Key Data Points

- 63% of Allen County residents have visited a dentist or dental clinic in the past year, compared to 68% of Ohioans and 67% of U.S. adults (Allen County Health Risk, 2014).
- The ratio of the population to dentists in Allen County: 1,883:1, compared to Ohio's ratio of 1,837:1 and the U.S. Benchmark of 1,439:1 (County Health Rankings, 2014).
- In Allen County, 7.4% of children under 18 years of age were not able to receive needed dental care compared to 4.4% of children in Ohio (Ohio Oral Health Surveillance System 2012).

Trends

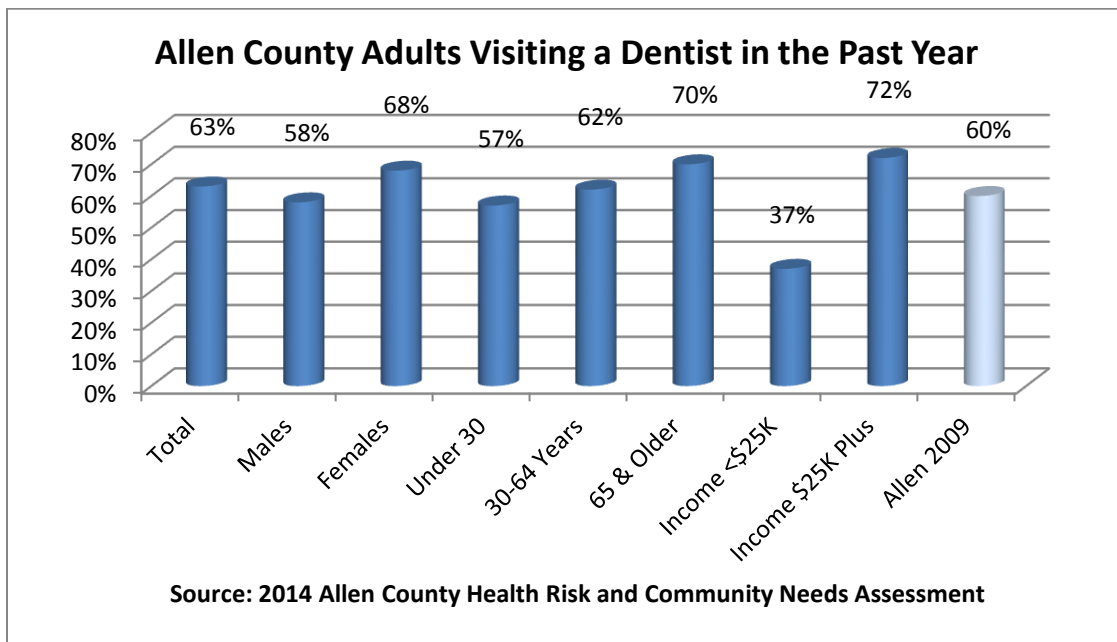
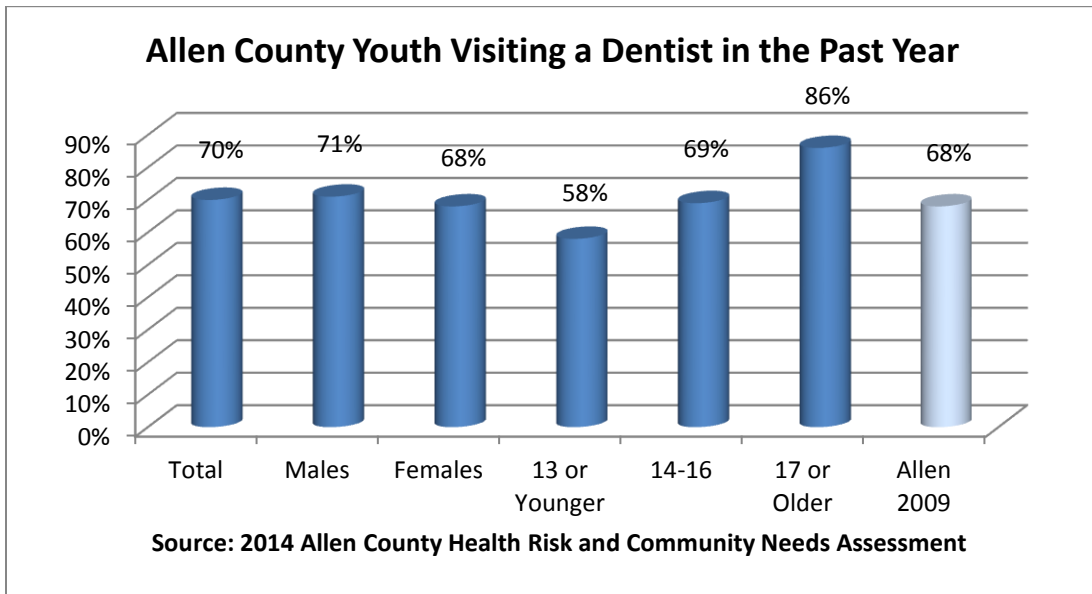
Successes

- According to the Allen County Assessments, the percentage of both adults and children seeing a dentist in the previous year increased from 2009 to 2014 (Allen County Health Risk, 2014).
- The ratio of population to dentists in Allen County has decreased from 2,251:1 in 2011 to 1,883:1 in 2013 (County Health Rankings, 2014).

Opportunities for Improvement

- The low-income population in Allen County has been deemed a Dental Health Professional Shortage Area (U.S. Dept. of HHS, MUA/P).

At- A-Glance



What is being done in our Community?

School-based Sealant Programs – 15 of 18 eligible schools in Allen County are participating in this program (Ohio Oral Health Surveillance System, 2011).

Health Partners of Western Ohio opened a dental clinic for their clients in 2005. For more information, visit www.hpwohio.org.

Prevention and Safety

Current Situation – In 2013, accidents were the 4th leading cause of death in the United States compared to the 5th leading cause of death in Allen County. Also in 2013, Allen County ranked first in the rate of pedestrian crashes among Ohio counties with a population between 50,000 to 135,000.

Key Data Points

- The Allen County age-adjusted death rate due to falls in 2012-2014 was 6.4 per 100,000, compared to 9.1 per 100,000 in Ohio (LACRPC, 2012- 2014l).
- The Allen County age-adjusted death rate due to unintentional poisoning in 2006-2008 was 7.8 per 100,000 compared to 14.3 per 100,000 in 2012-2014 (LACRPC, 2012-2014m).
- 53% of Allen County youth reported never wearing a helmet when riding a bicycle (Allen County Health Risk, 2014).
- 38% of Allen County adults reported that they had hit their head hard enough that they were dizzy, had a concussion, were knocked out, or had their “bell rung”, etc. at some time in their life (Allen County Health Risk, 2014).
- 11% of Allen County youth participated in the “choking game” (Allen County Health Risk, 2014).
- 88% of Allen County adults report always wearing their seatbelt when driving or riding in a car (Allen County Health Risk, 2014).

Trends

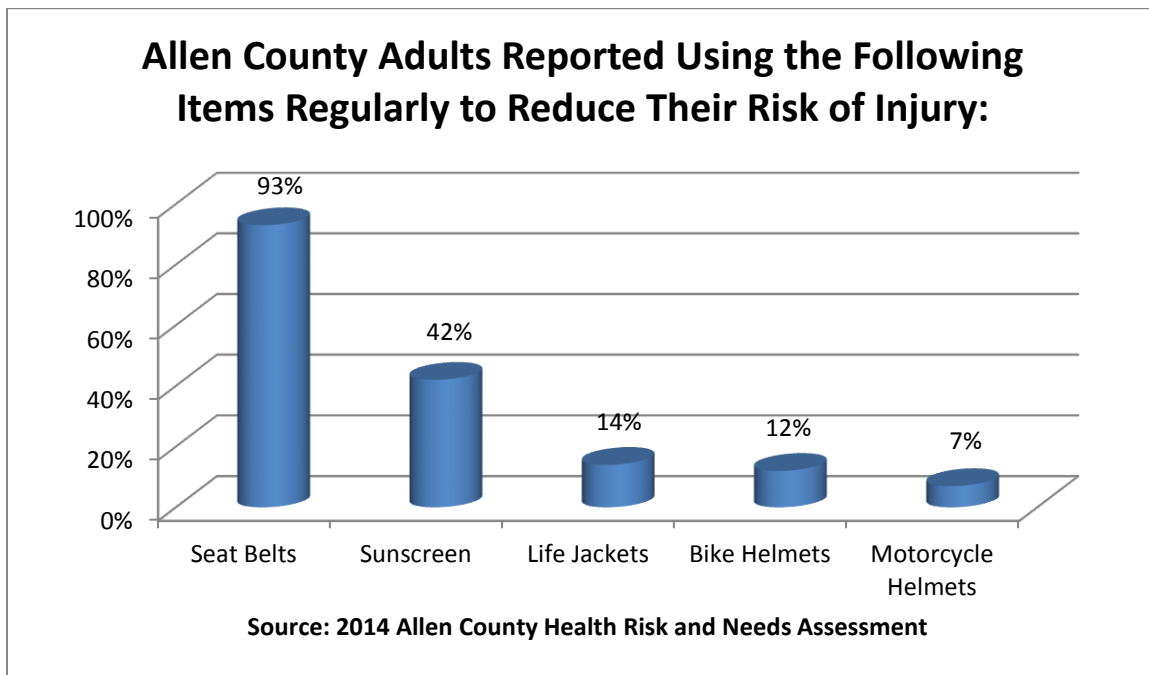
Successes

- The number of Allen County youth who reported never wearing a helmet when riding a bicycle has decreased from 87% in 2009 to 53% in 2014 (Allen County Health Risk, 2014).
- The number of Allen County adults who reported always wearing their seatbelt while driving increased from 68% in 2009 to 88% in 2014 (Allen County Health Risk, 2014).

Opportunities for Improvement

The Allen County age-adjusted death rate due to falls has increased since 2006-2008 to the most recent report from 2011-2013 (ODH Information Warehouse, Ohio Department of Health).

At-A-Glance



What is being done in our Community?

Allen County Bike and Pedestrian Task Force – In addition to encouraging more physical activity in Lima and Allen County, the Task Force is working to make roadways safe for all participating in active transportation. Safe Routes to School Programs are being implemented in Spencerville, Elida and Lima. For more information visit www.activateallencounty.com.

Safe Communities Coalition, coordinated by the Lima Allen County Regional Planning Commission – This coalition addresses multiple traffic safety issues such as seatbelt usage, drinking and driving and distracted driving.

Area Agency on Aging – *A Matter of Balance-Managing Concerns about fall* is a program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Trained, volunteer coaches teach 8, 2-hour sessions in the community.

Emergency room nurses from Lima Memorial Health System and St. Rita’s Medical Center participate in events throughout the year that promote safety.

Respiratory Disease

Current Situation – Common respiratory diseases include asthma, pneumonia, influenza and COPD (Chronic Obstructive Pulmonary Disease). The prevalence of Asthma in the United States has increased since 1980 (Asthma in Allen County). The disease can affect anyone, but significant disparities in asthma morbidity and mortality exist in African Americans or blacks and people living below the federal poverty level. Specifically in Allen County, lung disease is more likely in those with incomes less than \$25,000 (Allen County Health Risk, 2014).

Key Data Points

- 23% of Allen County adults are considered current smokers compared to 21% in Ohio and 14% in the U.S. (County Health Rankings, 2014).
- 13% of Allen County high school students are current smokers compared to 15% of Ohio and 16% of U.S. high school students (Allen County Health Risk, 2014).
- 10% of Allen County adults have been diagnosed with asthma compared to 14% of Ohio adults (Allen County Health Risk, 2014).
- In 2010, the age-adjusted rate for chronic lower respiratory disease mortality in Allen County was 58.0 per 100,000 compared to 50.4 per 100,000 in Ohio (Death – Data and Statistics).

Trends

Successes

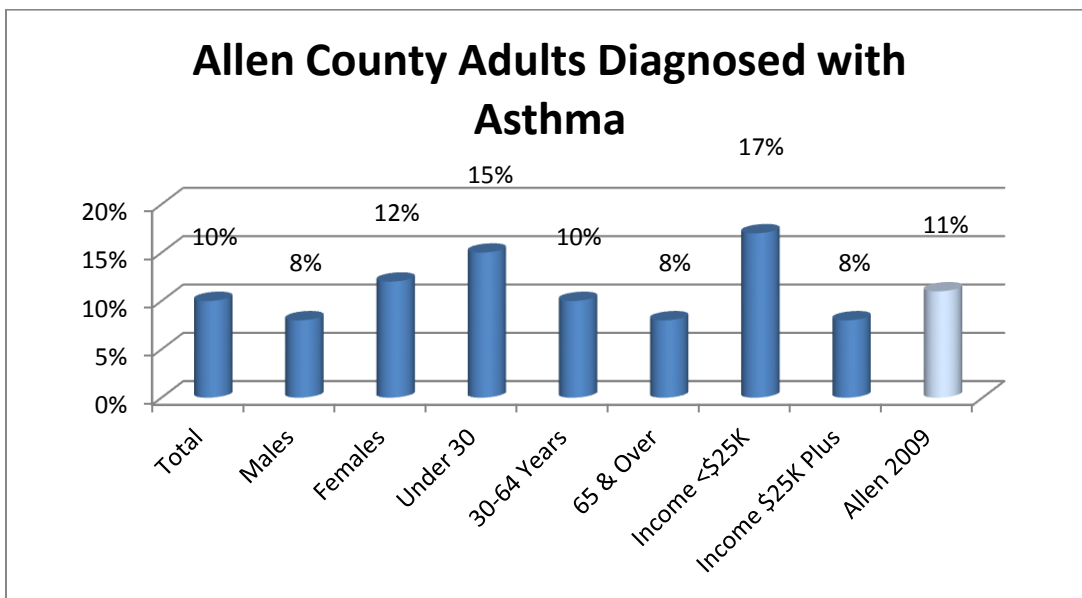
- 8% of Allen County adults were diagnosed with chronic lung disease including bronchitis or emphysema in 2014 compared to 11% in 2009 (Allen County Health Risk, 2014).

Opportunities for Improvement

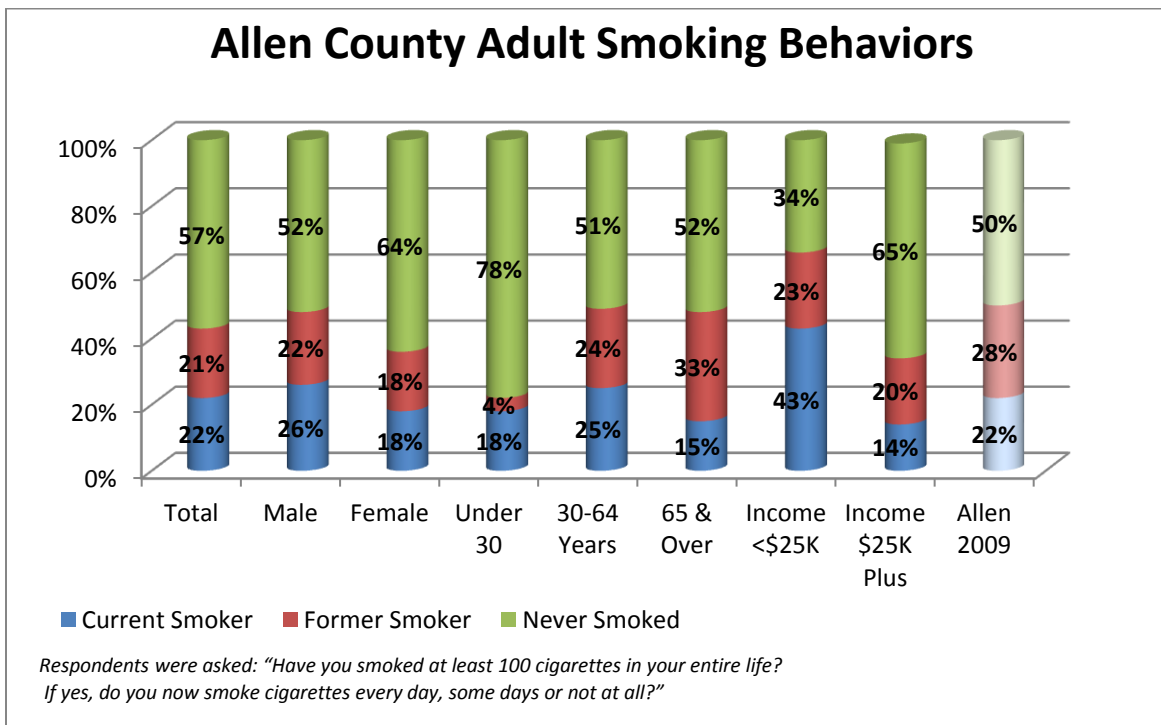
- The percentage of Allen County adults who reported smoking over 100 cigarettes and currently smoking has increased from 20% in 2011 to 23% in 2014 (County Health Rankings, 2014).
- The highest rate of smoking is among adults with incomes less than \$25,000. 43% of adults who have an income less than \$25,000 reported currently smoking, compared to 14% of adults with incomes more than \$25,000.

At-A-Glance

(See next page)



(Allen County Health Risk, 2014)



(Allen County Health Risk, 2014)

What is being done in our Community?

The Partnerships to Improve Community Health (PICH) and the Creating Healthy Communities (CHC) grants promote tobacco-free living policies and promote smoke-free schools, college campuses and multi-unit housing. The Allen County Tobacco-Free Coalition has been meeting regularly since March 2013.

Substance Abuse

Current Situation – The use of alcohol and drugs is a major public health problem. Substance use and abuse can increase the risk for violence, injuries, HIV infection and other diseases. In addition to illegal drugs, overdoses with prescription painkillers have tripled in the past 20 years. Since 2003, more overdose deaths have involved opioid analgesics than heroin and cocaine combined. In Ohio, individuals ages 18-25 are more likely to misuse prescription medications and illegal drugs (Non-Medical Use & Past Month Use). Community members participating in a community survey ranked mental health/substance abuse as a topic most troubling for adults and youth, and requiring the most immediate attention (St. Rita’s Community Survey, January 2016).

Key Data Points

- 35% of Allen County youth in grades 9-12 were considered to be current drinkers compared to 30% in Ohio and 35% in the U.S. (Allen County Health Risk 2014).
- 22% of Allen County high school youth were defined as binge drinkers*, compared to 16% for Ohio and 21% for U.S. high school youth (Allen County Health Risk, 2014).
- 17% of Allen County adults reported excessive drinking** of alcoholic beverages compared to 18% in Ohio and 10% in the U.S. (County Health Rankings, 2014).
- 21% of Allen County youth in 9th-12th grades had used marijuana at least once in the past 30 days, compared to 21% of Ohio youth and 23% of U.S. youth (Allen County Health Risk, 2014).

Trends

Successes

- The percentage of Allen County youth in grades 9-12 who reported to be current drinkers decreased from 41% in 2009 to 35% in 2014 (Allen County Health Risk, 2014).

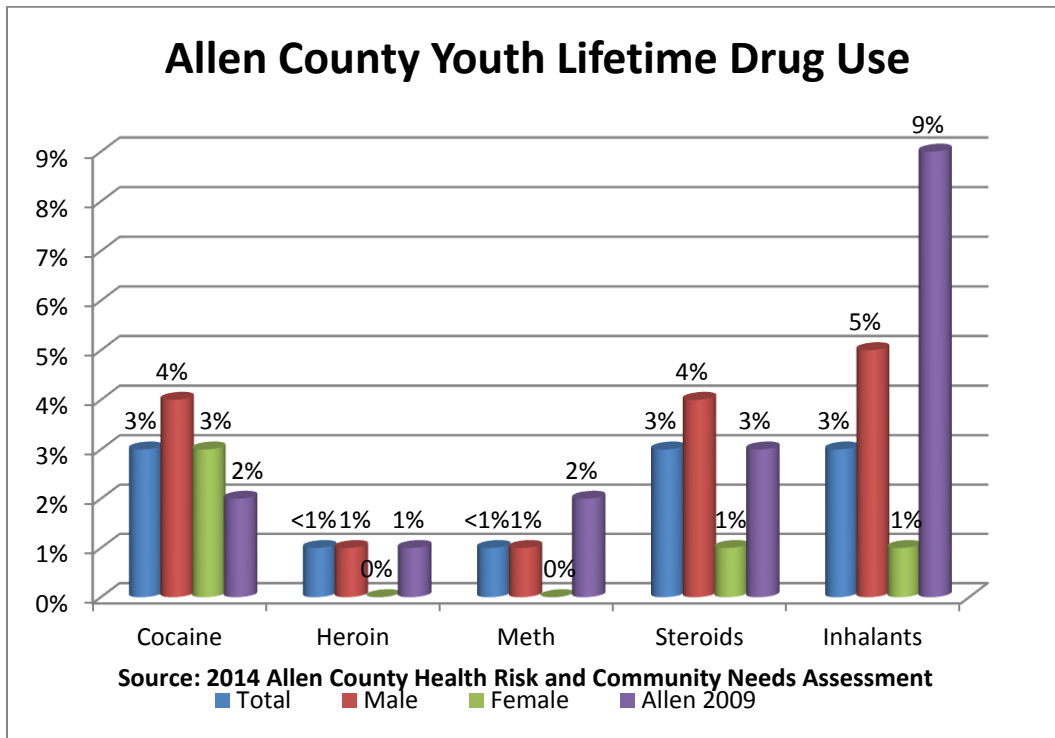
Opportunities for Improvement

- The percentage of Allen County adults who reported driving after having too much to drink increased from 4% in 2009 to 7% in 2014 (Allen County Health Risk 2014).
- The percentage of adults who misused prescription drugs in the past 5 months has increased from 2% to 10%.

** Binge drinking is defined as five or more drinks on one occasion or in a short period of time.*

*** Excessive drinking reflects the percentage of adults that report binge drinking on a single occasion in the last 30 days or heavy drinking (defined as drinking more than one (women) or 2 (men) drinks per day on average.*

At-A-Glance



What is being done in our Community?

Coleman Professional Services provides substance abuse treatment.

Lutheran Social Services provides outpatient services for individuals with a diagnosis of substance abuse or dependence. For more information about the Lima office visit:

<http://www.lssnwo.org/offices.htm>

St. Rita's Medical Center treats adults with addiction disorders who have commercial insurance or Medicare in an outpatient setting. The programming involves partial hospitalization, intensive outpatient, aftercare groups and traditional services.

Lima UMADAOP provides substance abuse prevention and treatment.

Partnership for Violence Free Families (PVFF) provides substance abuse prevention, including Mental Health First Aid

The Mental Health and Recovery Services board has introduced prevention initiatives including Pax Training for schools, community and home, Start Talking! Initiative for youth, and drug-free workplace policy and program development.

Wellness and Lifestyle

Current Situation – The 2014 Community Needs Assessment showed that 45% of Allen County adults rated their health status as excellent or very good. Allen County adults were more likely to rate their health as poor if they were 65 years of age or older, had an annual household income under \$25,000, had high blood cholesterol or high blood pressure or were widowed or separated (Allen County Health Risk, 2014).

Key Data Points

- 16% of Allen County adults reported poor or fair health compared to 15% of Ohio adults and the national benchmark of 10% (County Health Rankings, 2014).
- The average number of poor physical health days per month reported by Allen County adults is 4.1 compared to 3.7 in Ohio and the national benchmark of 2.5 (County Health Rankings, 2014).
- 62% of Allen County adults visited a doctor for a routine visit within the past year (Allen County Health Risk, 2014).
- 11% of Allen County adults reported being screened for skin cancer in the past two years (Allen County Health Risk, 2014).
- 8% of Allen County adults reported being screened for osteoporosis in the past two years (Allen County Health Risk, 2014).

Trends

Successes

- There has been an increase in the number of residents participating in wellness activities such as community 5K's and screening opportunities.

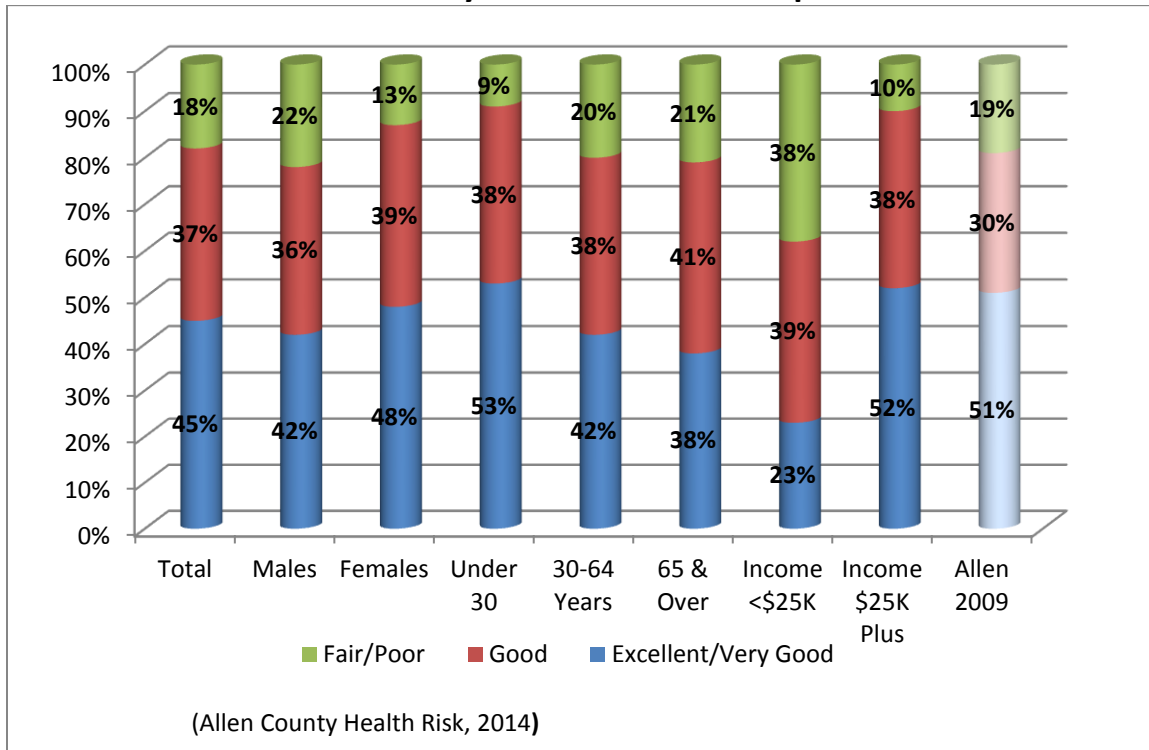
Opportunities for Improvement

- The percentage of Allen County adults reporting only fair or poor health increased from 10% in 2011 to 13% in 2013. The average number of poor physical health days increased from 2.9 days in 2011 to 4.1 days in 2014 (County Health Rankings, 2014).
- The highest ranking of poor/fair days is among low income groups. 38% of adults who have an income less than \$25,000 reported their health as fair/poor, compared to 10% of adults with incomes more than \$25,000 (Allen County Health Risk, 2014).

At-A-Glance

(See next page)

Allen County Adults Health Perceptions



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

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	64%	11%	3%	1%	14%
Females	60%	15%	7%	3%	9%
Total	62%	13%	5%	2%	12%
Mental Health Not Good in Past 30 Days*					
Males	67%	6%	8%	1%	11%
Females	60%	9%	7%	2%	13%
Total	63%	8%	7%	2%	12%

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

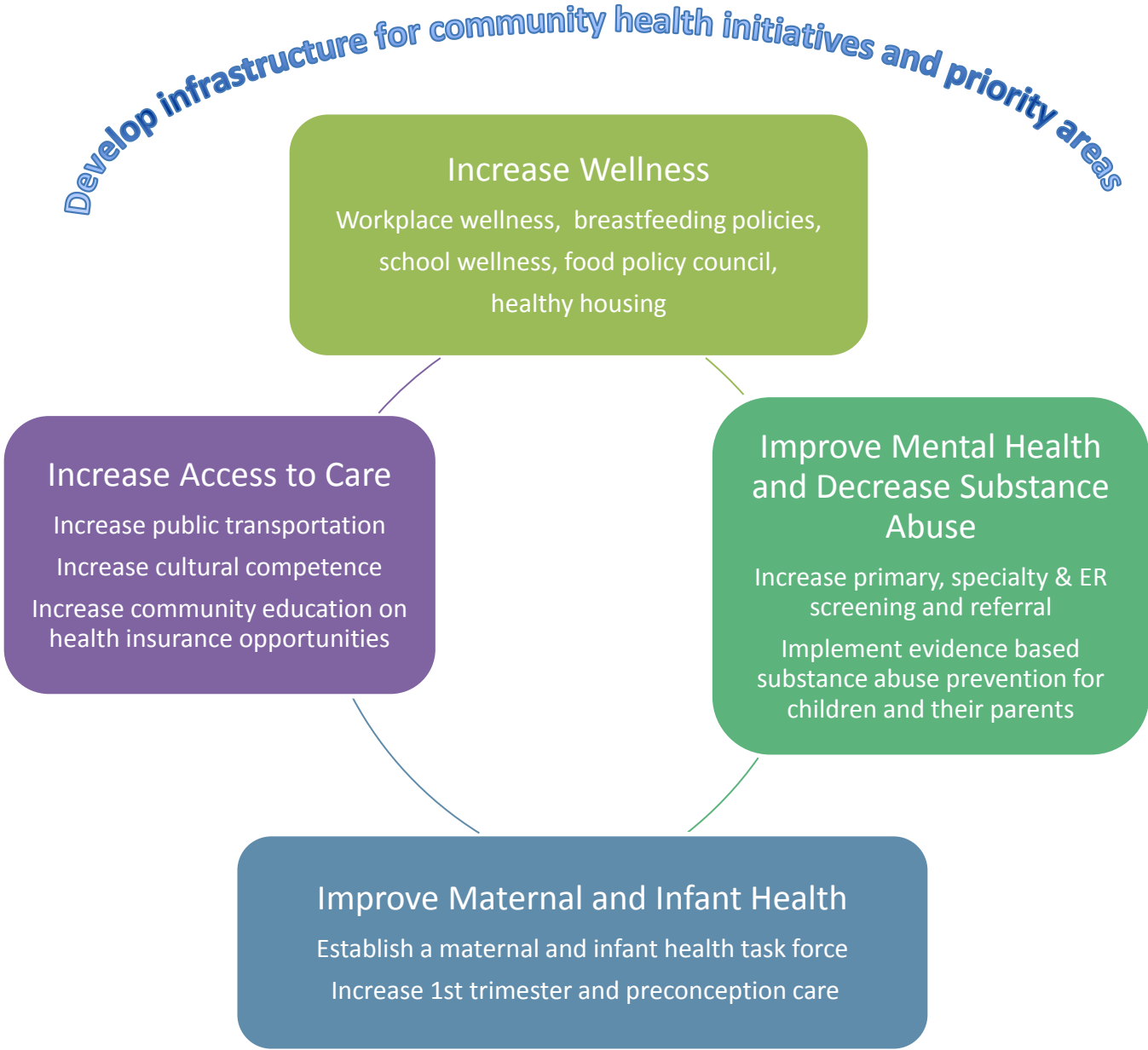
(Allen County Health Risk, 2014)

What is being done in our Community?

Multiple worksites are providing wellness activities for their employees. The West Central Ohio Regional Healthcare Alliance assists area worksites with developing comprehensive worksite wellness programs. A community worksite wellness collaborative is developing a worksite wellness guide to assist employers to adopt policies that promote employee wellness. For more information, visit www.activateallencounty.com.

Key Issues and Priorities - Community Health Improvement Plan

In 2013, Allen County community partners prioritized the most pressing health issues in the county, and developed the 2014-2016 Allen County Community Health Improvement Plan (CHIP). The plan was revised in 2015, and community partners are working on the prioritized areas to improve health for all residents in Allen County. This diagram summarizes priority areas and goals. The complete CHIP document is available at www.allencountypublichealth.org, under the Vital Statistics tab.



Acronyms

The following acronyms are used throughout the document:

AAC – Activate Allen County

CHANGE- Community Health Assessment aNd Group Evaluation

CHC – Creating Healthy Communities Program

MAPP Assessment – Mobilizing for Action through Planning and Partnerships.

MHRSB – Mental Health and Recovery Services Board

PICH- Partnership to Improve Community Health

PVFF – Partnership for Violence Free Families

WCORHA – West Central Ohio Regional Healthcare Alliance

WIC – Women, Infants & Children

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