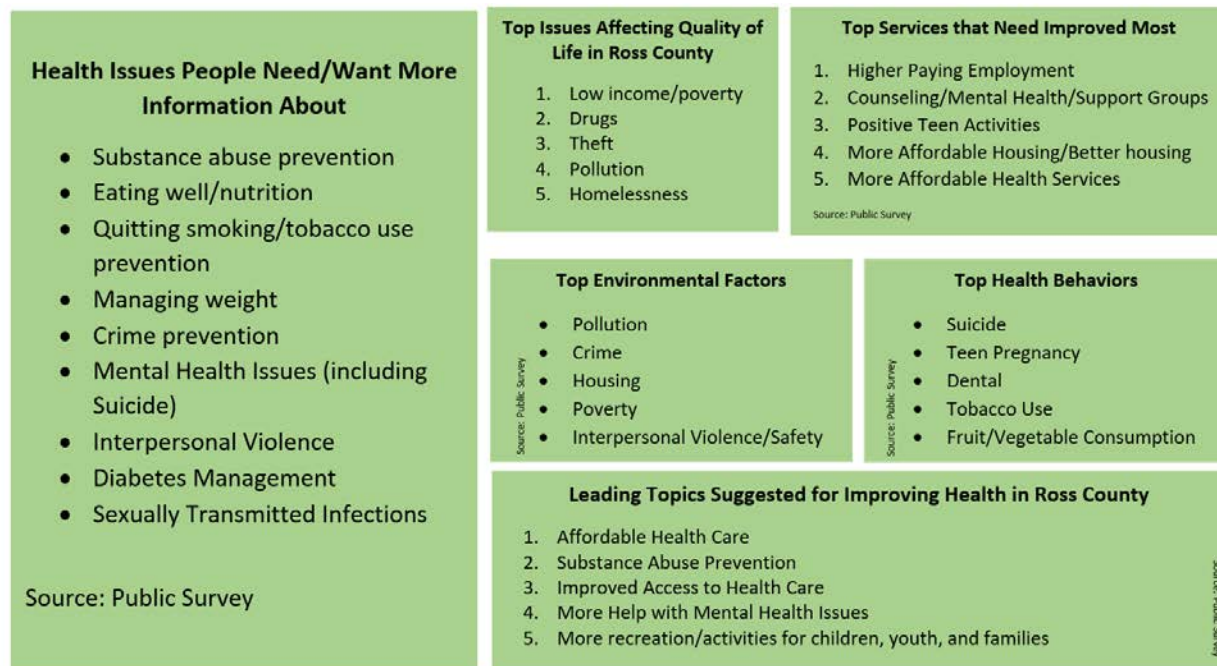


2019 Community Health Assessment- Snapshot

Background

The Partners for a Healthier Ross County is a collaborative, community-based group, with multi-sector representation, whose efforts are aimed at improving the quality of life for residents of Ross County. In 2019, Partners completed an updated community health assessment (CHA), a comprehensive and systematic data collection and analysis process designed to inform communities on top health needs and priorities to drive effective planning that results in positive change. This is an executive summary of the recently completed CHA for Ross County.



Cross Cutting Factors in Ross County

- **Poverty** – Low income continues to be a contributing factor that leads to poorer health outcomes or health behaviors in Ross County. 18% of those in Ross County are in poverty.
- **Substance Use**- Over 65% of survey respondents say they want our children to learn more about substance abuse prevention. 25% of respondents say they use tobacco or tobacco related products. More than 50% say they consume alcohol.
- **Physical Activity and Nutrition** – 25% of survey respondents do not get at least 30 minutes of physical activity per week. 32.5% say they are overweight or obese. 49.6% say they only eat 1 or less servings of fruits and vegetables a day.
- **Access to Care** -22% of survey respondents who made suggestions for improving health in Ross County say access to health care needs improved.
- **Housing** – 22% of public survey respondents say they have experienced unstable housing or homelessness. 25% say they struggle to pay for housing.

2019 Community Health Assessment- Snapshot

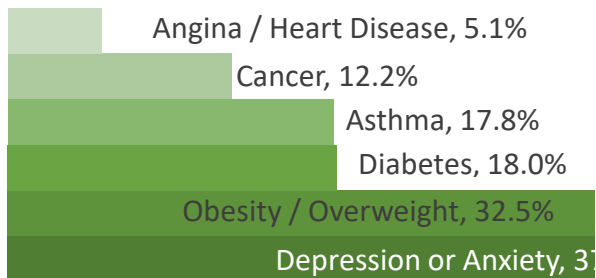
Key Findings

Leading Causes of Death

	Rate / 100,000
Diseases of heart	206.3
Cancer	196.2
Chronic lower respiratory diseases	73.9
Accidents/Unintentional Injuries	75.6
Stroke	42.8
Diabetes	34.1

CDC, 2012-2017. CDC Wonder

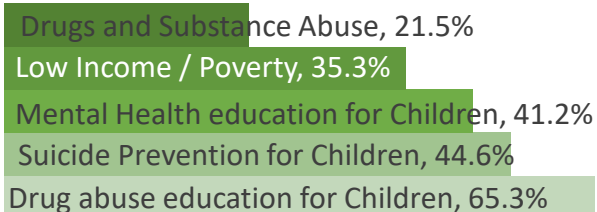
Top Health Outcomes from Public Survey Responses



Ross County 2019 Adult Public Survey

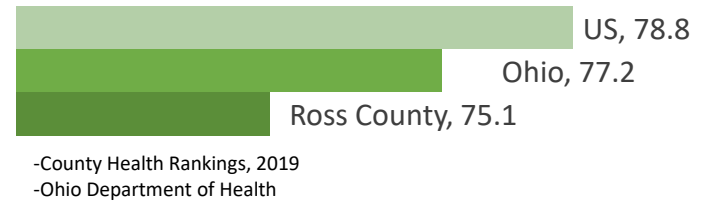
Takeaway: Mental Health and Obesity / Overweight continues to be top health issues in Ross County.

Needed Health Education Topics Suggested by Public Survey Responses



Ross County 2019 Adult Public Survey

Life Expectancy Comparisons



Takeaway: Ross County continues to have a lower life expectancy rate compared to Ohio Averages. Variations in life expectancy can vary by nearly 11 years from one neighborhood to another in Ross County.

Road to Improvement

The Partners for a Healthier Ross County strive to improve health outcomes in Ross County through cross-sector collaboration. Continued collaborations are imperative to improving the health of Ross County. Improvements should include:

- **Health Equity Focus**
- **Social, economic, and physical environment improvements**
- **Policy Development**
- **Improving health behaviors**
- **Increasing access to healthcare**

2019 Community Health Assessment - Snapshot

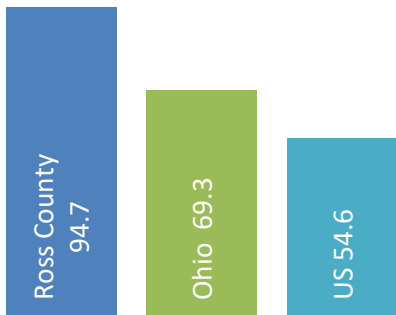
Background

Cancer of all types is the second leading cause of death in Ross County with lung cancer being the leading cancer in Ross County. Lung cancer rates are disproportionately higher than state and U.S. rates. Further, chronic lower respiratory diseases in the third leading cause of death. The 2019 CHA looked at tobacco use and other respiratory related diseases that may impact this issue further.

Key Findings

Lung Cancer

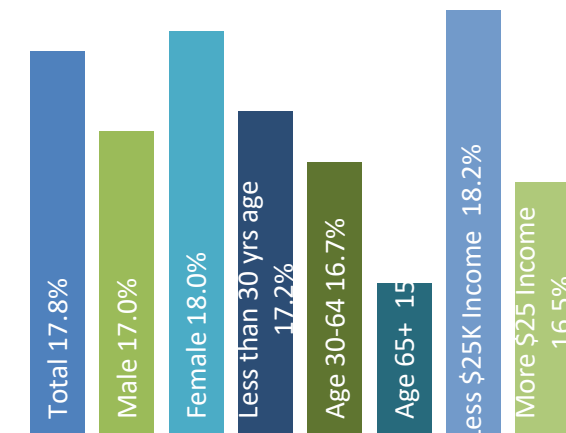
Lung Cancer Incidence Rates Per 100,000 Population



Ohio Department of Health County Cancer Profile 2017

Asthma

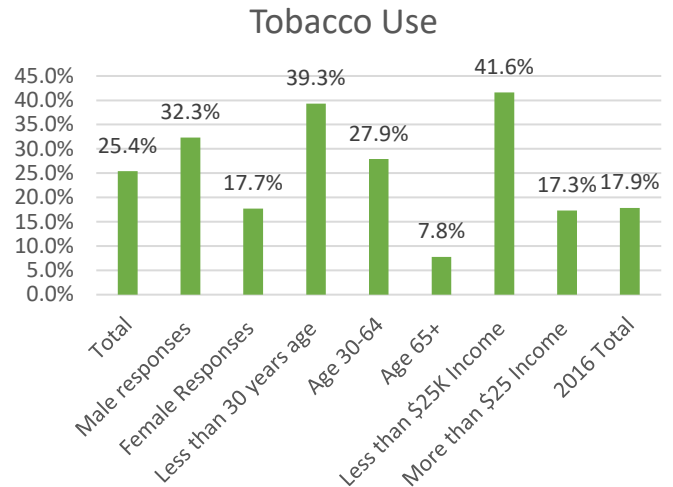
Self-Reported Asthma by 2019 Public Survey Respondents



Ross County 2019 Adult Public Survey

Tobacco Use

Self-Reported Tobacco Use by 2019 Public Survey Respondents



Cross Cutting Factors in Ross County

- **Income** is a factor in tobacco use which can lead to increased risk of lung and respiratory disease.
- **Age** is a factor in tobacco or vaping product use which can lead to increased risk of lung and respiratory disease.

Road to Improvement

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- **Health Equity Focus**
- **Social, economic, and physical environment improvements**
- **Policy Development**



2019 Community Health Assessment - Snapshot

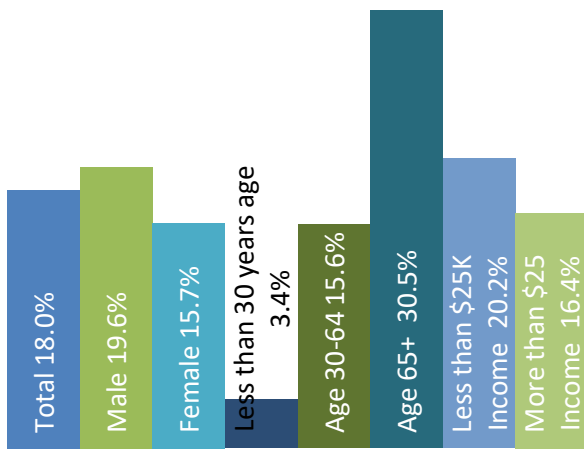
Background

Heart Disease continues to be the leading cause of death in Ross County at a rate of 206.3 cases per 100,000 individuals. Additionally, Diabetes remains in the top five leading causes of death with a rate of 34.1 cases per 100,000. A look at contributing factors to both leading causes of death was examined through the public survey, including a look at eating habits, underlying conditions, and physical activity.

Key Findings

Diabetes

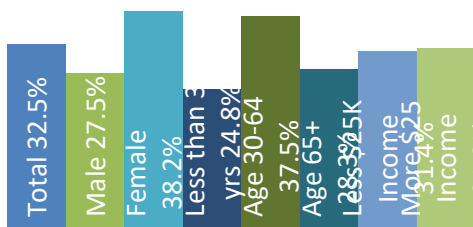
Self-Reported Diabetes by 2019 Public Survey Respondents.



Ross County 2019 Adult Public Survey

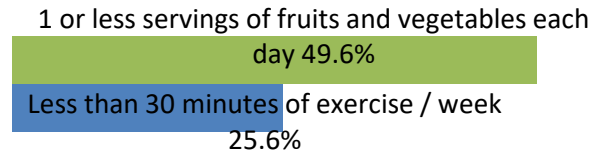
Overweight or Obesity

Self-Reported Obesity or Being Overweight By 2019 Public Survey Respondents.



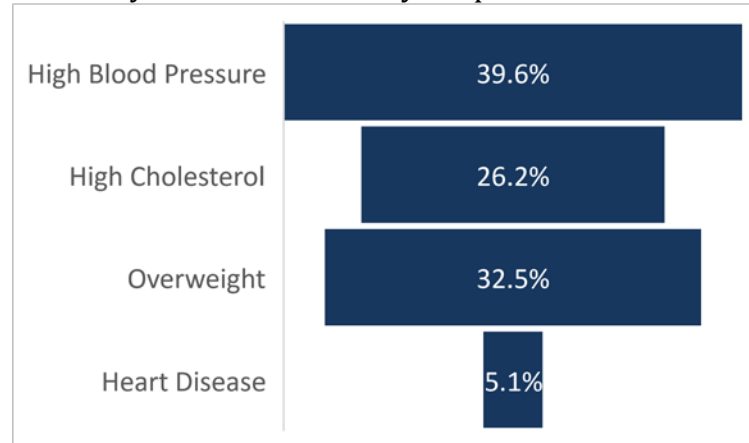
Ross County 2019 Adult Public Survey

Physical Activity and Nutrition



Heart health vs. Overweight

Self-Reported Health Outcomes Related to Heart Health By 2019 Public Survey Respondents



Cross Cutting Factors in Ross County

- **Age** – Top drivers for health outcomes vary by age for diabetes, heart health, etc.
- **Physical activity and Nutrition**- Survey responses about nutrition and exercise reflect a need to focus on behavioral changes in the community, encouraging physical activity and healthy eating.

Road to Improvement

The Partners for a Healthier Ross County strive to improve health outcomes in Ross County through cross-sector collaboration. Continued collaborations are imperative to improving the health of Ross County. Improvements should include:

- **Health Equity Focus**
- **Social, economic, and physical environment improvements**
- **Policy Development**

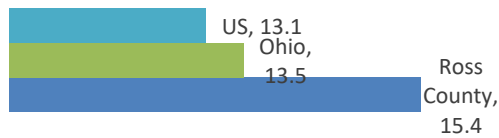
2019 Community Health Assessment – Snapshot

Background

One of the most notable changes to the 2019 public survey was the addition of Adverse Childhood Experiences (ACE) questions about discrimination, interpersonal violence, and substance abuse. These questions provided a significant indicator to inform a future mental health assessment.

Key Findings

Suicide Rate Comparison

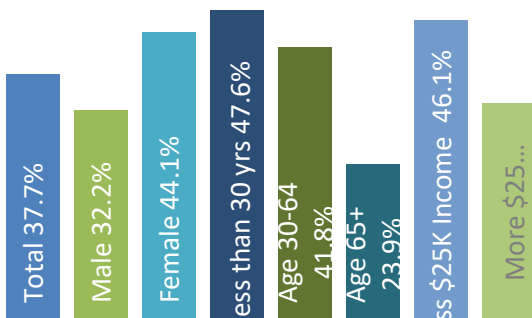


County Health Rankings, 2019

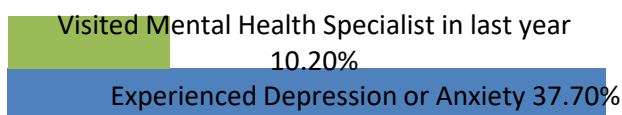
Takeaway: Ross County experiences slightly higher rate of suicide compared to Ohio and US averages.

Depression and Anxiety

Percentage of Those Reporting Depression or Anxiety From 2019 Public Survey



2019 Adult Public Survey

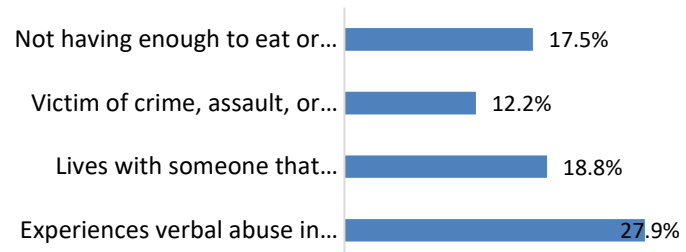


2019 Adult Public Survey

Takeaway: Depression and anxiety continues to be a top health issue in our community. While 37.7% of survey respondents reported experiencing depression or anxiety, only 10.2% sought treatment from a mental health specialist.

Traumatic experiences

Percentage of Those Reporting Traumatic Experiences in Their Home or Household



Cross Cutting Factors in Ross County

- **Stigma** – Only a 1/3 of those reporting experiencing depression reported seeking treatment from mental health specialists. While Ross County’s ratio for Mental Health Care (340:1) is better than Ohio’s average (470:1) it appears stigma may be a contributing factor.
- **Trauma**- Traumatic experiences can be a contributing factor to overall mental health.
- **Health Behaviors** – Mental health can have an impact on one’s physical activity, nutrition, substance use, and other health outcomes.

Road to Improvement

The Partners for a Healthier Ross County strive to improve health outcomes in Ross County through cross-sector collaboration. Continued collaborations are imperative to improving the mental health of Ross County residents. Improvements should include:

- **Health Equity Focus**
- **Social, economic, and physical environment improvements**
- **Reduce the stigma associated with mental health**
- **Increasing access to mental health care**

2019 Community Health Assessment - Snapshot

Background

Accident/Unintentional Injury was the fourth leading cause of death in Ross County at a rate of 73.9 per 100,000. The largest factor in this category was unintentional overdose deaths related to substance abuse, where Ross County sees higher than state average rates. Additionally, Chronic Lower Respiratory Diseases and Lung Cancer are top causes of death, which maybe impacted by tobacco use.

Key Findings

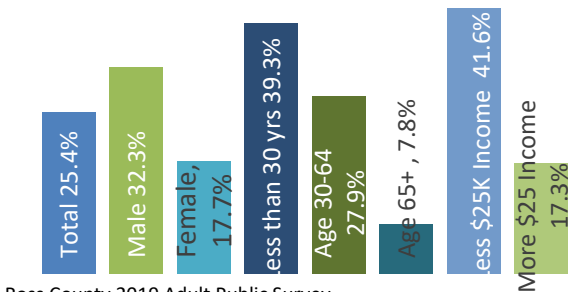
Tobacco, Alcohol, and Marijuana Use

Self-Reported Use of Tobacco, Marijuana, And Alcohol By 2019 Public Survey Respondents.



Ross County 2019 Adult Public Survey

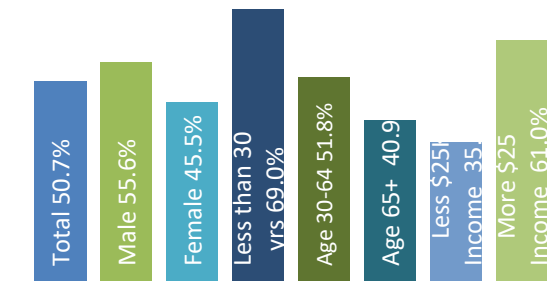
Tobacco Use by Age, Gender, Income



Ross County 2019 Adult Public Survey

Top drivers for tobacco use include age and income level.

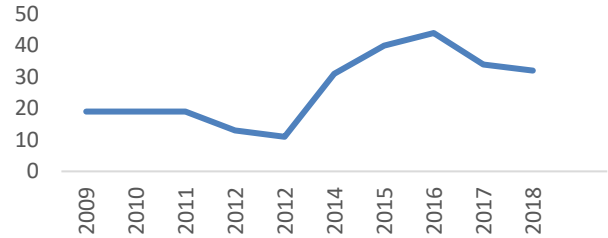
Alcohol Use by Age, Gender, Income



Ross County 2019 Adult Public Survey

Top drivers for alcohol use include age & income

Overdose Fatalities 2009-2018



Ross County Coroner

Substance Use Disorder continues to be a contributing factor in health outcomes in our community. Drug overdose deaths continue to be the leading accidental death cause in Ross County.

Cross Cutting Factors in Ross County

- **Income** – Income continues to be a contributing factor for use of tobacco which leads to poorer health.
- **Age** –Age is a contributing factor in tobacco and alcohol use, with those 18-30 years self-reporting the highest use of both substances.
- **SUD Education**- Over 65% of survey respondents say they want our children to learn more about drug abuse prevention

Road to Improvement

The Partners for a Healthier Ross County strive to improve health outcomes in Ross County through cross-sector collaboration. Continued collaborations are imperative to improving the health of Ross County. Improvements should include:

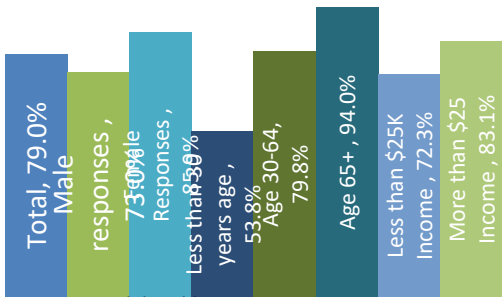
- **Health Equity Focus**
- **Social, economic, and physical environment improvements**
- **Policy Development**
- **Increasing recovery resources for tobacco, alcohol, drug use.**

2019 Community Health Assessment - Snapshot

Key Findings

Primary Care

Self-Reported Utilization of Primary Care Physician in Past Year by Survey Respondents



Ross County 2019 Adult Public Survey

Mental Health Care

Self-Reported Utilization of Mental Health Services by Public Survey Respondents



Ross County 2019 Adult Public Survey

Dental Care

Self-Reported Utilization of Dental Care Services in Past Year By 2019 Public Survey Respondents



Ross County 2019 Adult Public Survey

Cross Cutting Factors in Ross County

- **Age** – is a factor in utilization of healthcare services, younger populations tend to under-utilize healthcare services for primary care.
- **Income**– is a factor in utilization of healthcare services for primary care and dental care.
- **Mental Health Care**- only 10% of survey respondents self-reported utilization of mental health care services, while over 37% of the respondents noted they experience depression or anxiety.

Road to Improvement

The Partners for a Healthier Ross County strive to improve health outcomes in Ross County through cross-sector collaboration. Continued collaborations are imperative to improving the health of Ross County.

- Cross Sector data sharing to identify gaps and barriers in health care access.
- Address social determinants of health to improve access to health care.
- Continue cross sector collaboration to develop community strategies to improve access to health care.

Suggestions by Survey Respondents for Improving Access to Care (541 responses)

Public survey respondents had the opportunity to write in suggestions on ways to improve health, 22% of them were related to improving access to healthcare in Ross County.

