

2017 DELAWARE COUNTY ADULT SURVEY FINDINGS



Powell City Council Minutes of 3/19/2019 Exhibit 1



HEALTH CARE ACCESS

- 5% of adults were uninsured, increasing to 12% of those with incomes less than \$50,000
- Cost or no insurance was a barrier for 11% of adults who did not get medical care in the past year
- Over the past decade, there has been a 10% reduction in women receiving preventative screenings including clinical breast exams, mammograms, and Pap smears



HEALTH BEHAVIORS

- 3 out of every 100 adults considered attempting suicide in the past year
- 23% of adults indicated that their mental health was not good on 4+ days in past month
- 69% of adults had at least one alcoholic drink in the past month compared to 53% for Ohio and 54% for the U.S.
- 22% of all adults were binge drinkers (drank 5 or more drinks for males and 4 or more for females on an occasion) compared to 18% for Ohio and 17% for the U.S.
- 65% of adults were either overweight or obese
- 16% of adult current smokers have an income less than \$50,000
- Mental health was considered not good for an average of 3.5 days each month
- 8 out of every 100 adults felt sad or hopeless almost every day for 2 or more weeks in a row in the past year
- 10% of adults were forced or coerced to have sexual activity when they did not want to, increasing to 17% of females



CHRONIC DISEASE

- Over the past decade, there has been a 7% increase in adults who have high blood pressure and high cholesterol
- 29% of adults have been diagnosed with arthritis, increasing to 66% of those over the age of 65
- 11% of adults have been diagnosed with cancer, increasing to 35% of those over the age of 65
- 7% of adults have been diagnosed with diabetes; of those adults, 15% of them have an income less than \$50,000



SOCIAL CONDITIONS

- 7 out of 100 adults needed help meeting their general daily needs such as food, clothing, shelter or paying utility bills in the past 30 days
- 7% of adults experienced four or more 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%)
- 8% of adults who experienced 4 or more ACEs contemplated suicide, compared to 1% of those who did not experience any ACEs
- 11% of adults who experienced 4 or more ACEs misused prescription drugs, compared to 5% of those who did not experience any ACEs
- 38% of adults kept a firearm in or around their home and 6% reported they were unlocked or loaded

2016-17 DELAWARE COUNTY YOUTH RISK BEHAVIOR SURVEY RESULTS



FUNDERS:



Delaware-Morrow Mental Health
& Recovery Services Board



EVALUATOR:



SCHOOL DISTRICTS:



DESIGN:

- Electronic survey via SurveyMonkey
- Reaching 15 schools in grades 6th-12th across 4 local school districts

DEVELOPMENT:

- Majority of questions from CDC's Youth Risk Behavior Survey
- Two surveys developed:
 - High School = 90 questions | Middle School = 69 questions

PROCEDURE:

- Surveys administered in classrooms using online survey on school technology
- Mostly passive parental permission slips used by all districts
- Goal was to survey as many students as possible at each school (census)

RESPONSE RATES:

- Sample size (n)=10,784 - this is how many students completed the survey
- Confidence Interval =+0.76

LIMITATIONS:

- Self-reported data



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2017 DELAWARE COUNTY ADULT SURVEY

FUNDERS

- Delaware General Health District, United Way of Delaware County, OhioHealth Grady Memorial Hospital

EVALUATOR

- The Hospital Council of Northwest Ohio

POPULATION SURVEYED

- Adults ages 19 and older who live in Delaware County
 - 57% males and 43% females

SURVEY DESIGN

- Survey instrument designed with input from The Partnership and the pilot tested
- 112 questions with most survey items from Behavioral Risk Factor Surveillance System (BRFSS) designed by the Centers for Disease Control and Prevention (CDC)

PROCEDURE

- 1,200 advance letters were mailed to adults in the fall of 2017, followed by a 3-wave mailing to maximize the survey return rate
- A \$2 incentive was provided one time for those adults who were randomly selected to receive the written anonymous survey

RESPONSE RATES

- 405 adults completed the survey for a 37% response rate
- Confidence interval = ± 4.86 which means that the responses for this assessment are representative of the entire county

LIMITATIONS

- Although several questions were asked using the same wording as the BRFSS survey, the data collection method differed (telephone vs. mail survey)
- Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Full survey located at DelawareHealth.org

KEY RESULTS



ALCOHOL & TOBACCO



- Average age of onset for smoking was 13.2 years old
- 10% of youth* currently use electronic vapor products
- 14% of youth had at least one drink in the past month (current drinker) increasing to 35% of those ages 17 and older
- Current drinkers got their alcohol from the following:
 - Someone gave it to them (42%)
 - A parent gave it to them (30%)
- 44% of high school** students who drank had an episode of binge drinking in the past month, increasing to 56% of those ages 17 and older

DRUG USE



- 4% of youth used a prescribed pain medicine, without a doctor's prescription or differently than how the doctor told them to use it at some time in their lives, increasing to 9% of those youth over the age of 17
- The average age of onset for marijuana use was 14.3 years old
- 5% of Delaware County youth had used marijuana in the past month increasing to 14% of those over the age of 17

SEXUAL HEALTH



- 24% of high school youth had participated in sexting, increasing to 35% of those ages 17 and over
- The average age of onset for sexual intercourse was 15.0 years old

VIOLENCE & SAFETY



- 14% of youth had ridden in a car driven by someone who had been drinking alcohol in the past month
- 5% of student drivers had driven a car themselves after drinking alcohol compared to 4% for Ohio (2013 YRBS)
- In the past 30 days, 42% of high school youth had texted or emailed while driving a car
- 6% of high school youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them in the past 12 months

MENTAL HEALTH



- 43% of youth had been bullied in the past year. The following types of bullying were reported:
 - Verbally bullied 32% (teased, taunted or called harmful names)
 - Indirectly bullied 26% (spread mean rumors or kept out of a "group")
- 20% of youth reported feeling sad or hopeless almost every day for 2 weeks or more in a row, increasing to 27% of females and 24% of high school youth

PHYSICAL ACTIVITY & NUTRITION



- 19% of high school students were either overweight or obese
- 80% of youth ate a restaurant or take-out meal at least once in the past week
- 27% of youth got at least 60 minutes of physical activity every day during the past week

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LIMITATIONS:

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2017 DELAWARE COUNTY CHILD SURVEY FINDINGS



HEALTH AND FUNCTIONAL STATUS

- 12% of children were born premature (>3 weeks before due date)
- 22% of children were classified as obese or overweight
- 16% of parents reported their child spends greater than 2 hours, excluding school time, on a digital device/screen time
- 7 out of every 100 children were diagnosed with anxiety problems
- More than one-third (35%) of children diagnosed with asthma had an asthma attack within the past 12 months



HEALTH CARE ACCESS

- 66% of children in Delaware County received a flu shot in the past 12 months
- 57% of those parents who reported their child did not get all the medical care they needed in the past year cited cost as the main barrier
- 61% of those parents who reported their child did not get all the mental health/behavioral health care they needed in the past year cited lack of referral as the main barrier



EARLY CHILDHOOD (0-5 YEARS)

- 6% of mothers never breastfed
- 13 out of every 100 mothers experienced depression during or after pregnancy



MIDDLE CHILDHOOD (6-11 YEARS)

- 77% of children missed school during the past 12 months because of illness or injuries
- 43% of parents reported their child was bullied in the past year. The following types of bullying were reported:
 - 26% Verbally bullied (teased, taunted or called harmful names)
 - 13% Indirectly bullied (spread mean rumors about them or kept them out of a "group")
 - 7% Physically bullied (were hit, kicked, punched or people took their belongings)
 - 1% Cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- 24% of parents of 6-11 year-olds reported their child had a social media or virtual network account



FAMILY AND COMMUNITY CHARACTERISTICS

- 64% of families did not eat a meal together every day of the week
- 7% of parents had experienced at least one food insecurity issue in the past year
 - Had to choose between paying bills and buying food (58%)
 - They went hungry/ate less to provide more food for their family (46%)
- 4% of children experienced two or more Adverse Childhood Experiences (ACEs)
 - Their parents became separated or were divorced (8%)
 - Lived with someone who was depressed, mentally ill or suicidal (4%)
 - Lived with someone who had a problem with alcohol or drugs (3%)
 - Parents or adults in their home were hit, beat, kicked or physically hurt each other (2%)
- Parents reported the following challenges they face in regard 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%)
- 25% of parents whose child weighs less than 80 pounds and is under 4' 9" reported their child never rode in a booster seat
- 11% of parents whose child was old enough and/or tall enough to not be in a booster seat reported their child never wore a seat belt

2017 DELAWARE COUNTY CHILD SURVEY

FUNDERS

- Delaware General Health District, United Way of Delaware County, OhioHealth Grady Memorial Hospital

EVALUATOR

- The Hospital Council of Northwest Ohio

POPULATION SURVEYED

- Parents of children ages 0-11 who live in Delaware County

SURVEY DESIGN

- Survey instrument designed with input from The Partnership and then pilot tested
- 75 questions with most survey items from the National Survey of Children's Health (NSCH) designed by the Data Resource Center for Child and Adolescent Health (DRC)

PROCEDURE

- 2,400 advance letters were mailed to parents of young children in the fall of 2017, followed by a 3-wave mailing to maximize the survey return rate
- A \$2 incentive was provided one time to parents who were randomly selected to receive the written anonymous survey

RESPONSE RATES

- 419 parents completed the survey for a 20% response rate
- Confidence interval = ± 4.76 which means that the responses for this assessment are representative of the entire county

LIMITATIONS

- Self-reported data by parents
- Although several questions were asked using the same wording as the NSCH survey, the data collection method differed (telephone vs. mail survey)
- Caution should be used when interpreting, subgroup results as the margin of error for any subgroup is higher than that of the overall survey

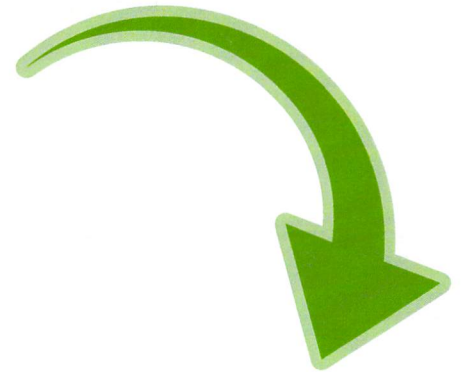
Full survey located at DelawareHealth.org

MENTAL HEALTH & ADDICTION



MENTAL HEALTH OUTCOMES

- Reduce adult & youth depression
- Reduce suicide deaths
- Reduce youth electronic (cyber) bullying
- Reduce youth bullying on school property



MENTAL HEALTH STRATEGIES

- Implement community-based education to promote positive mental health
- Implement universal school-based suicide awareness and education programs
- Research the use of technology to deliver mental health services
- Improve the mental health and substance abuse referral process
- Screen for clinical depression for residents 12 or older using a standardized tool
- Partner with school districts to provide prevention programming that supports positive mental health



MENTAL HEALTH & ADDICTION



ADDICTION OUTCOMES

- Reduce adult & youth binge drinking rates
- Reduce unintentional drug overdose deaths
- Reduce adult & youth non-prescribed prescription drug misuse
- Reduce adult & youth current smokers



ADDICTION STRATEGIES

- Expand screening, brief intervention and referral to treatment (SBIRT) model
- Expand community-based comprehensive program(s) to reduce alcohol abuse
- Increase community awareness and education of risky behaviors and substance abuse issues and trends
- Increase safe disposal of prescription drug boxes
- Increase policies to decrease availability of tobacco products
- Partner with school districts to provide prevention programming that supports alcohol and other drug-prevention initiatives

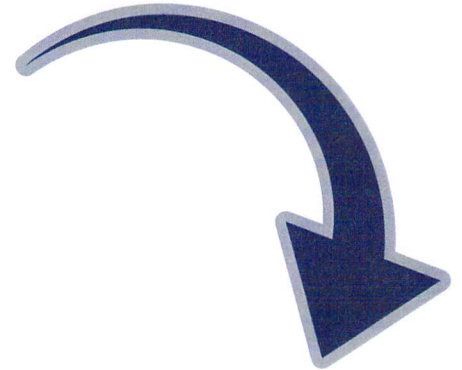


CHRONIC DISEASE



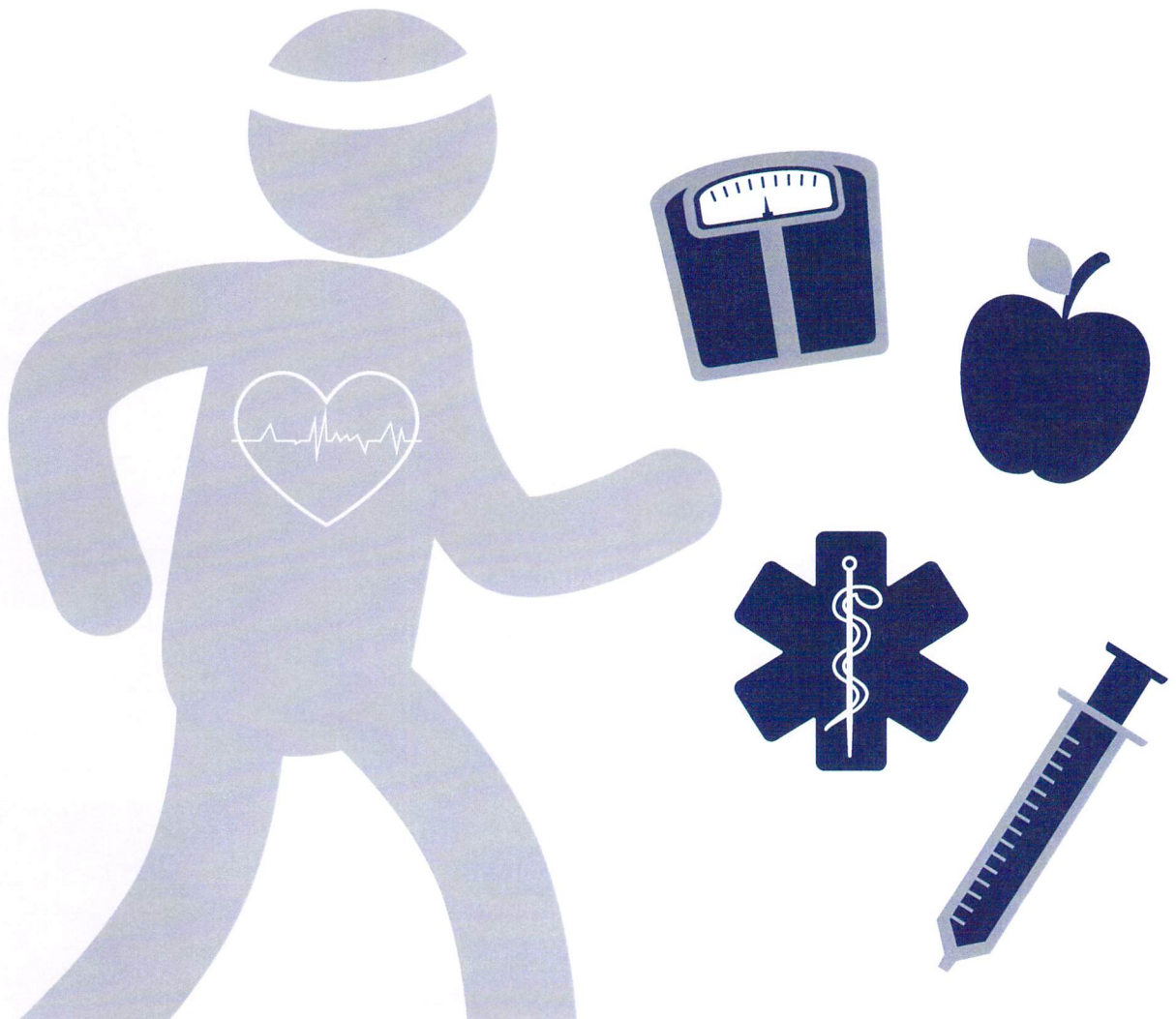
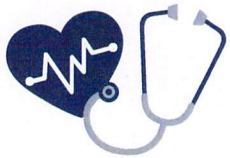
CHRONIC DISEASE HEALTH OUTCOMES

- Reduce adult/youth/child obesity
- Reduce adult diabetes
- Reduce adult pre-diabetes
- Reduce coronary heart disease
- Decrease adult chronic pain



CHRONIC DISEASE STRATEGIES

- Develop partnership-based healthy lifestyle programming
- Increase awareness of pre-diabetes
- Create a county-wide physical activity collaboration
- Research chronic pain management best-practices



CROSS-CUTTING FACTORS

Rather than focus only on disease-specific programs, the CHIP highlights powerful underlying drivers of wellbeing, such as access to quality healthcare, housing affordability and healthy eating. The CHIP takes a comprehensive approach to improving health priorities by identifying cross-cutting factors that impact multiple outcomes.

Below are the Cross-Cutting strategies for Delaware County by category as described in the Ohio Department of Health State Health Improvement Plan (SHIP):



SOCIAL DETERMINANTS OF HEALTH

- Increase the amount of affordable housing required with new development and throughout the county



HEALTHCARE SYSTEM AND ACCESS

- Provide cultural competence training for healthcare professionals and other service providers
- Increase transportation opportunities and awareness
- Support trauma-informed health care



PUBLIC HEALTH SYSTEM, PREVENTION & HEALTH BEHAVIORS

- Adopt healthy food initiatives
- Promote healthy eating practices through education and skill building

