

# Allen County Health Risk and Community Needs Assessment

## *Executive Summary*

This executive summary provides an overview of data for Allen County adults (19 years of age and older) and youth (ages 12 through 18) who participated in a county-wide assessment survey during 2009. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Healthy Communities Foundation of the Hospital Council of Northwest Ohio collected the data, guided the assessment process and integrated sources of primary and secondary data into the final report.

### **Executive Summary: Primary Data Collection Methods**

#### **Design**

This community assessment was cross-sectional in nature and included a written survey of both adults and adolescents within Allen County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

#### **Instrument Development**

Two survey instruments were designed and pilot tested for this study: one for adults and one for adolescents. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the Behavioral Risk Factor Surveillance System Survey. The majority of the survey items for the adolescent survey were derived from the Youth Risk Behavior Surveillance System survey.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Allen County. During these meetings, banks of potential survey questions from the BRFSS and YRBSS surveys were reviewed and discussed. Based on input from the Allen County planning committee, the Project Coordinator composed a draft of a survey containing 134 items. This draft was reviewed and approved by health education researchers at the University of Toledo.

#### **Sampling**

##### *Adult Survey*

Adults ages 19 and over living in Allen County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of 15-74 year olds living in Allen County. There were 67,661 persons between the ages of 15-74 living in Allen County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding confidence interval of 5%

## Executive Summary: Primary Data Collection Methods

(i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 383 responding adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Allen County was obtained from American Clearinghouse in Louisville, KY.

### Procedure

#### *Adult Survey*

Prior to mailing the survey to adults, an advance letter was mailed to 800 adults in Allen County. This advance letter was personalized, printed on Allen County Assessment Steering Committee stationery and was signed by Kathy Luhn, Allen County Health Department. The letter introduced the county assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Two weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Allen County Assessment Steering Committee stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately two weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent two weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate for the mailing was 61% (n=446). This return rate and sample size means that the responses in the assessment should be representative of the entire county.

#### *Adolescent Survey*

Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 95% (n=376). The number needed to have adequate power was 375. The survey contained 76 questions and had a multiple choice response format.

### Data Analysis

Individual responses were anonymous and confidential. Only group data are available. All data were analyzed by health education researchers at the University of Toledo using SPSS 12.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Allen County, the data collected was weighted by age, gender, race, and income using 2000 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix v.

## Executive Summary: Primary Data Collection Methods

### Limitations

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Allen County adult assessment had a very high response rate (61%). However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Allen County). In other words, if the one-third of those who were sent the survey would have answered the questions significantly differently than the two-thirds who did respond, the results of this assessment would under-represent or over-represent their perceptions and behaviors. If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county assessment.

## Executive Summary: Community Issues & Services

When asked to rank *community problems* from a prepared list in 2002 and 2009, Allen County residents chose **drug abuse, crime, and unemployment** as the three biggest problems, though in 2009 unemployment jumped to the top of the list. These same issues are among those named when residents were asked to identify, without a list, the single most important problem facing families and the community. In 2009, 43% of respondents noted unemployment as the single most important problem facing local *families*.

Many *community services* exist to address these problems. Residents identify **job training & employment services** as the single most important service need in the county in 2009. It was ranked the second most important community service in 2002 and the single most important/most needed service in previous United Way needs assessments. **Crime prevention services** was ranked the second most important/most needed service in 2009.

Other important and emerging community problems are family issues of **domestic violence, quality of life, and parenting**. Other important services included **health care services, youth programs and care of the elderly**. Almost one-quarter (24%) of Allen County adults reported in 2009 that they had attempted to get assistance from a social service agency. 58% of those adults did receive assistance and only 1% of adults reported they did not know where to look for assistance.

The following section summarizes the community's perceptions of the problems and service needs in Allen County.

### Community Concerns

The 2009 assessment project identified that 61% of adults reported they thought their neighborhood was safe or extremely safe. Allen County adults reported the single most important problem facing local families and the community was unemployment.

### Community Services

The 2009 assessment project identified healthcare is a very important community service. Allen County adults reported the single most important service that an organization is providing or should provide to the community is job training/employment services.

### Health Care Access

The 2009 assessment project identified that about two-thirds (62%) of adults had visited a doctor for a routine visit within the past year. Almost one-quarter (24%) of adults had attempted to get assistance from a social service agency.

### Quality of Life & Safety

About 1 in 4 (23%) of Allen County adults in 2009 reported they were limited in some way because of a physical, mental or emotional problem. The assessment identified that 10% of Allen County adults were abused in the past year.

## Executive Summary: Community Issues & Services

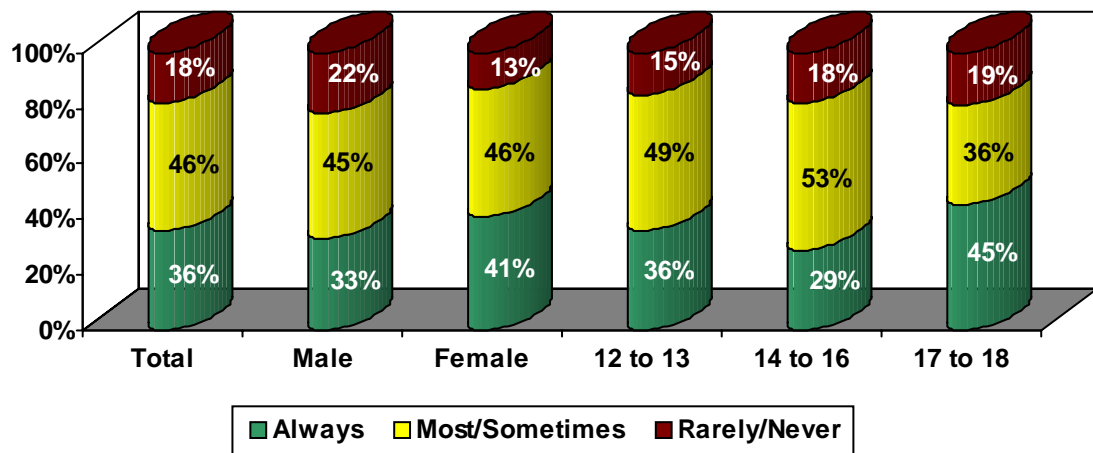
### Parenting

The 2009 assessment project identified that 11% of parents reported their children did not have health insurance at some time in the past year. 61% of parents with an infant to 4-year-old child used the WIC program.

### Youth Safety

In 2009, over one-third (36%) of Allen County youth self-reported that they always wore a seatbelt when riding in a car driven by someone else. 50% of Allen County youth had been to the doctor for a routine check-up in the past year.

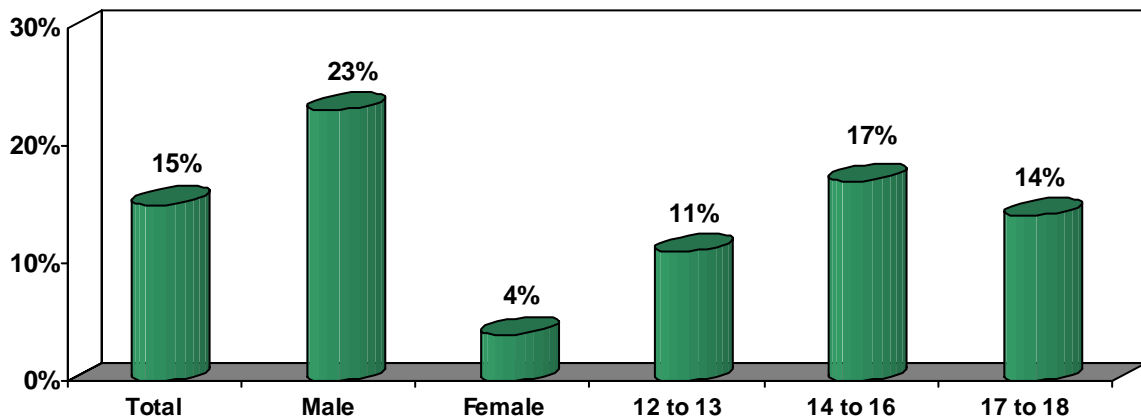
**Allen County Youth Seatbelt Use in the Past Month**



### Youth Violence

In Allen County, 15% of the youth had carried a weapon in the past month and 4% indicated they brought it to school. 11% of youth had been threatened or injured by a weapon on school property.

**Allen County Youth Carrying a Weapon during the Past 30 Days**



## Executive Summary: Physical Health Issues

Previous assessments brought to light some of the physical health challenges Allen County residents faced and high rates of **chronic disease**. Although Allen County death rates for heart disease, cancer, stroke, and diabetes have decreased, the number of **adults** who report having clinical indicators and lifestyle characteristics associated with them has increased in several areas. Two areas that have increased since 2002 and are considerably above state and national rates are **high blood pressure** and **excessive body weight**. About 3 out of 4 Allen County adults are considered overweight or obese by Body Mass Index standards (BMI).

Some positive changes were noted – fewer adults report no leisure time **activity**, indicating they are more active than previous assessments found, and **cigarette smoking** is down in Allen County, though still slightly higher than state and national rates.

**Health care** was identified as one of the top three most important services in Allen County and the majority of adults (86%) report having **health care coverage**. Despite this, fewer women are participating in **screenings for early detection of cancer**. A notable improvements from 2002 was the percentage of adults who have **visited a dentist** in the past year, though reported dental visits within the past year are still lower in Allen County compared to state and national rates.

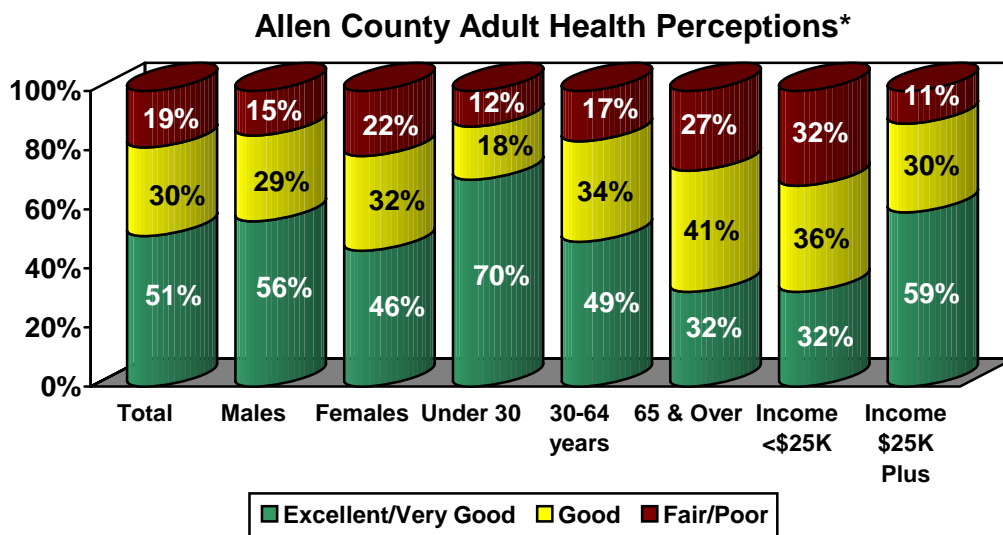
Lifestyle characteristics that correspond with reduced risk for chronic disease include a healthy body weight, adequate fruit and vegetable consumption, regular leisure-time physical activity, and not smoking, yet only 0.8% of Allen County adults engage in all four healthy lifestyle characteristics.

Some of the health issues facing Allen County **youth** include early **sexual activity and teen pregnancy, bullying, and lack of safety habits** such as wearing helmets when riding bicycles and ATVs, and lack of regular seatbelt use.

The following section summarizes key findings regarding physical health issues in Allen County.

### Health Perceptions

In 2009, over half (51%) of the Allen County adults rated their health status as excellent or very good. Conversely, 19% of the adults increasing to 32% of those with incomes less than \$25,000 described their health as fair or poor.



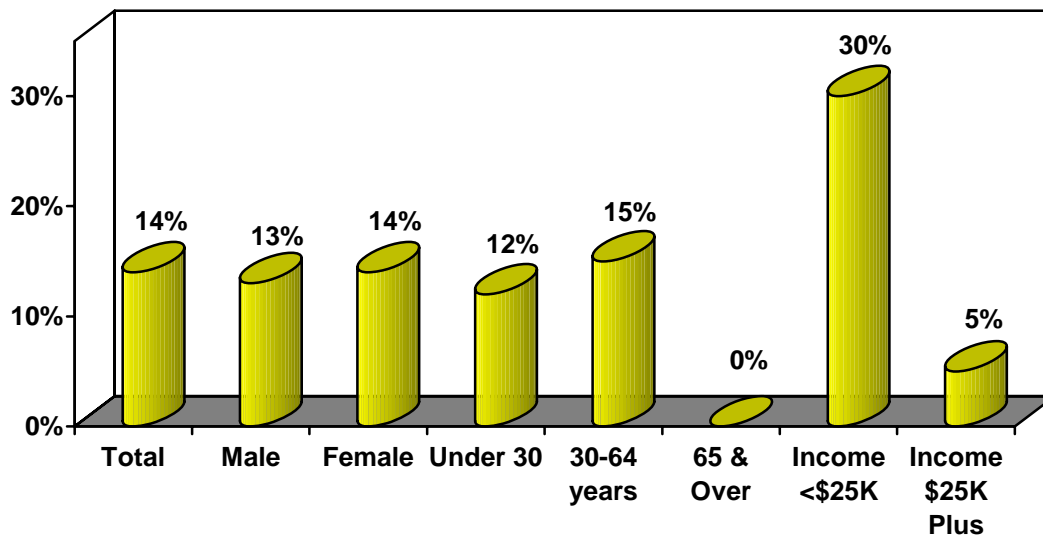
\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

## Executive Summary: Physical Health Issues

### Health Care Coverage

The 2009 assessment data has identified that 14% of Allen County adults were without health care coverage. Those most likely to be uninsured were adults with an income level under \$25,000. In Allen County, 12.1% of residents live below the poverty level. *(Source U.S. Census, 2000)*

**Uninsured Allen County Adults**



### Cardiovascular Health

Major cardiovascular diseases (heart disease and stroke) accounted for 34% of all Allen County adult deaths from 2005-2007 *(Source: ODH Information Warehouse)*. The 2009 Allen County assessment found that 7% of adults had a heart attack and 2% had a stroke at some time in their life. Over two-fifths (41%) of Allen County adults have been diagnosed with high blood pressure and 34% have high blood cholesterol, two known risk factors for heart disease and stroke.

**Allen County  
Leading Types of Death  
2005-2007**

**Total Deaths: 3,070**

1. Heart Disease (28% of all deaths)
2. Cancers (23%)
3. Stroke (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's Disease (4%)

*(Source: ODH Information Warehouse, updated 3-15-09)*

## Executive Summary: Physical Health Issues

### Cancer

The 2009 assessment indicated that 7% of Allen County adults were diagnosed with cancer. Ohio Department of Health statistics indicate that from 1999-2007, a total of 2,147 Allen County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that reducing tobacco use, increasing cancer education and awareness, changing diet and exercise habits, and early detection may reduce overall cancer deaths.

**Allen County  
Incidence of Cancer, 2005  
All Types: 540 cases**

- ❖ Breast: 92 cases (17%)
- ❖ Lung and Bronchus: 82 cases (15%)
- ❖ Prostate: 72 cases (13%)
- ❖ Colon and Rectum: 54 cases (10%)
- ❖ Kidney: 25 cases (5%)

**From 2004-2006, there were 310 cancer deaths in Allen County.**  
*(Source: Ohio Cancer Incidence Surveillance System & ODH Information Warehouse)*

### Diabetes

In 2009, 12% of Allen County adults had been diagnosed with diabetes. The average age of onset of diabetes was 50 years old. 65% of those with diabetes had taken a class on how to manage their diabetes.

**Diabetes Facts**

- ❖ Diabetes was the 7<sup>th</sup> leading cause of death in Allen County for 2005-2007.
- ❖ In 2005-2007, Allen County age-adjusted mortality rates per 100,000 for diabetes by gender were 29.2 for males (35.6 Ohio) and 24.3 (25.2 Ohio) deaths for females.

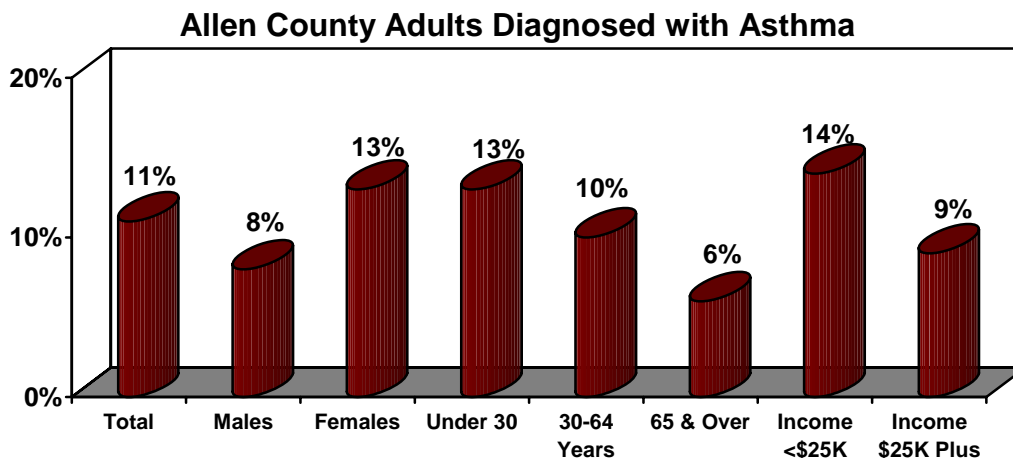
*(Source: American Heart Association, ODH, Information Warehouse)*

### Arthritis

According to the Allen County survey data, 29% of Allen County adults were diagnosed with arthritis. According to the 2007 BRFSS, 32% of Ohio adults and 28% of U.S. adults were told they have arthritis.

### Asthma & Other Respiratory Disease

According to the Allen County survey data, 11% of Allen County adults had been diagnosed with asthma. 11% of adults were diagnosed with chronic lung disease including bronchitis or emphysema.

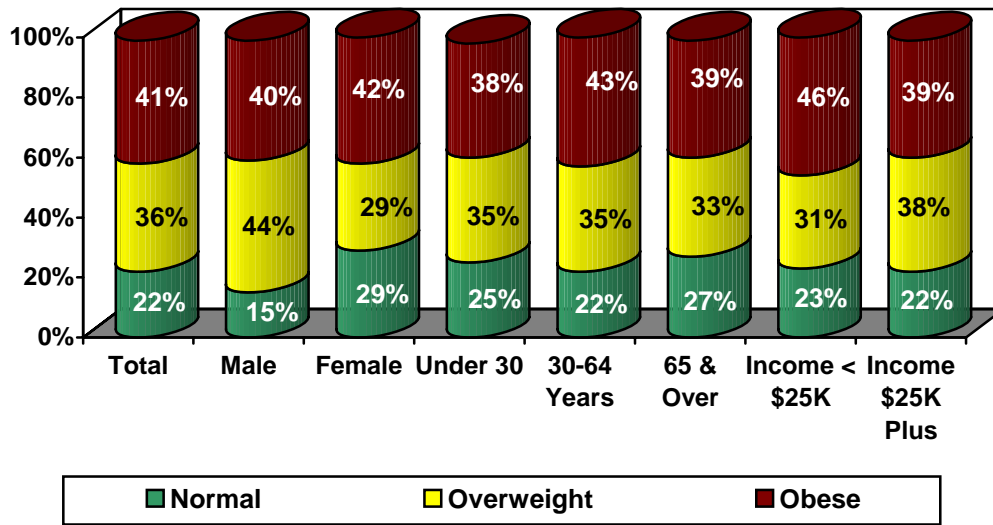


## Executive Summary: Physical Health Issues

### Adult Weight Control

The 2009 assessment project identified that 77% of Allen County adults were overweight or obese for their height and weight. The 2008 BRFSS had indicated that 29% of Ohio and 27% of U.S. adults were obese by BMI. Over two-fifths (41%) of Allen County adults were obese. Over half (55%) of adults were trying to lose weight. 30% of the adults had not been participating in any physical activity in the past week.

**Adult BMI Classifications**



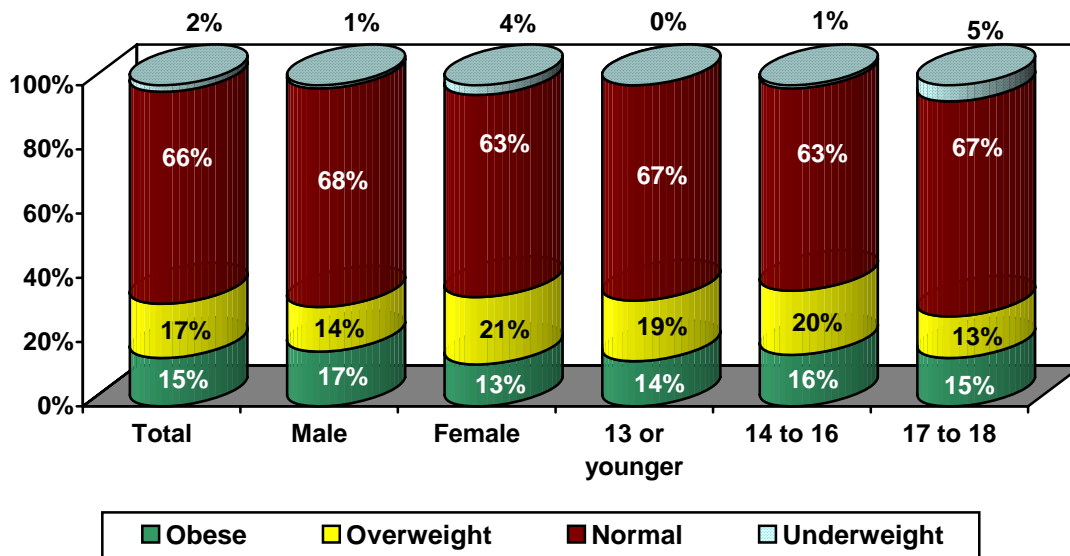
*(Percentages may not equal 100% due to those who were classified as underweight are not included.)*

### Youth Weight Control

The 2009 assessment identified that 15% of Allen County youth were obese, according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. Females (59%) were more likely to be trying to lose weight.

## Executive Summary: Physical Health Issues

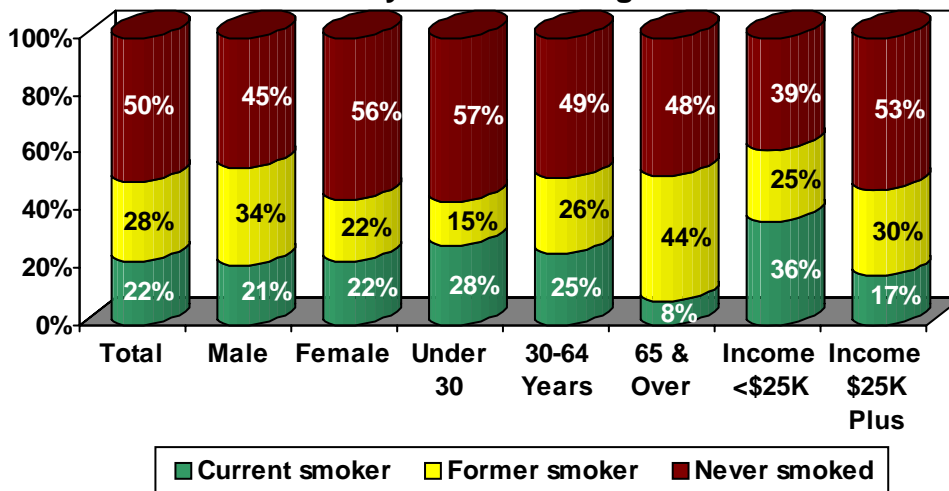
### Allen County Youth BMI Classifications



## Adult Tobacco Use

In 2009, 22% of Allen County adults were current smokers and 28% were considered former smokers. 4% of adults reported using chewing tobacco or snuff.

### Allen County Adult Smoking Behaviors

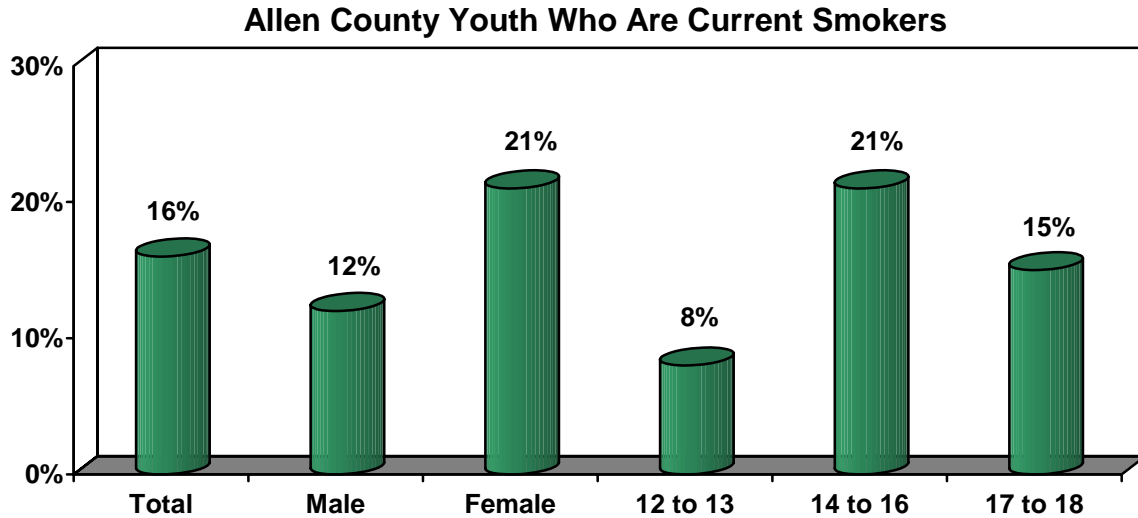


*Respondents were asked:  
 "Have you smoked at least 100 cigarettes in your entire life?  
 If yes, do you now smoke cigarettes everyday, some days or not at all?"*

**Executive Summary: Physical Health Issues**

### Youth Tobacco Use

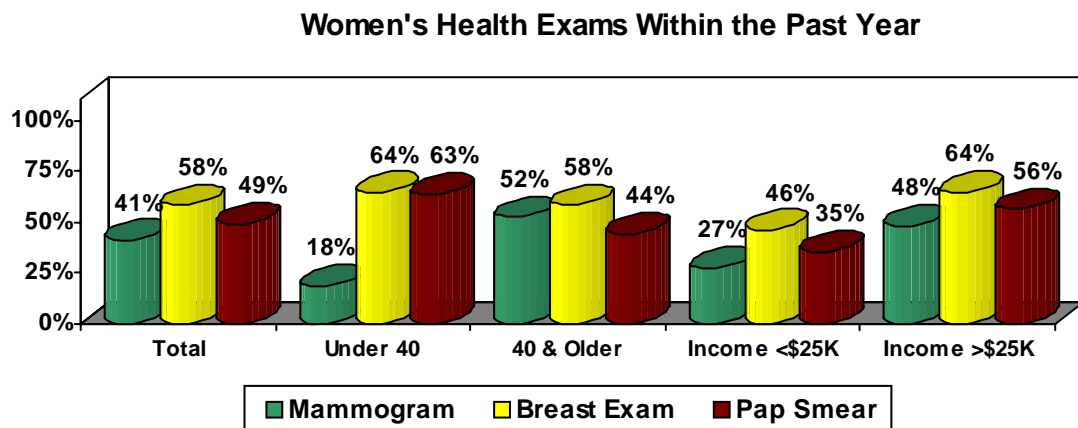
The 2009 assessment identified that 16% of Allen County youth (ages 12-18) were smokers increasing to 21% of those who were 14-16 years old. Overall, 8% of Allen County youth indicated they had used chewing tobacco in the past month. Of those youth who currently smoke, 56% had tried to quit.



*Current smokers are those who have smoked at any time during the past 30 days.*

### Women's Health

In 2009, over two-fifths (41%) of women reported having a mammogram in the past year increasing to 52% of women ages 40 and over. Over half (58%) of Allen County women ages 19 and over have had a clinical breast exam and 49% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 36% and cancers accounted 22% of all female deaths in Allen County from 2005-2007. The assessment determined that 4% of women had a heart attack, and 1% had a stroke at some time in their life. Over one-third (37%) had high blood pressure, 34% had high blood cholesterol, and 22% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.

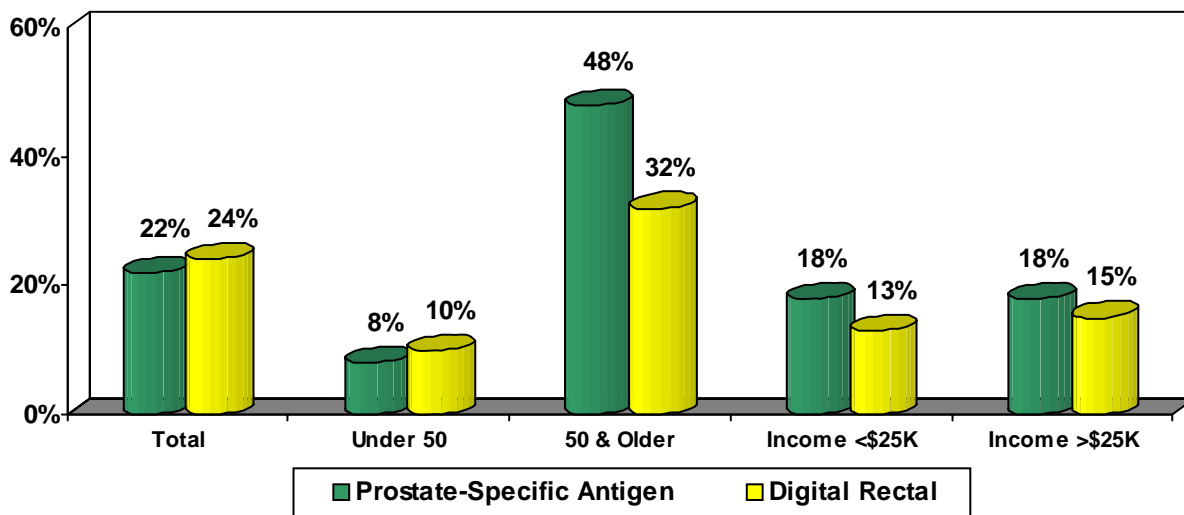


## Executive Summary: Physical Health Issues

### Men's Health

In 2009, over two-fifths of Allen County males (43%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (52%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 34% and cancers accounted for 23% of all male deaths in Allen County from 2005-2007. The assessment determined that 10% of men had a heart attack, and 3% had a stroke at some time in their life. Over two-fifths (45%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 21% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.

**Men's Health Exams Within the Past Year**

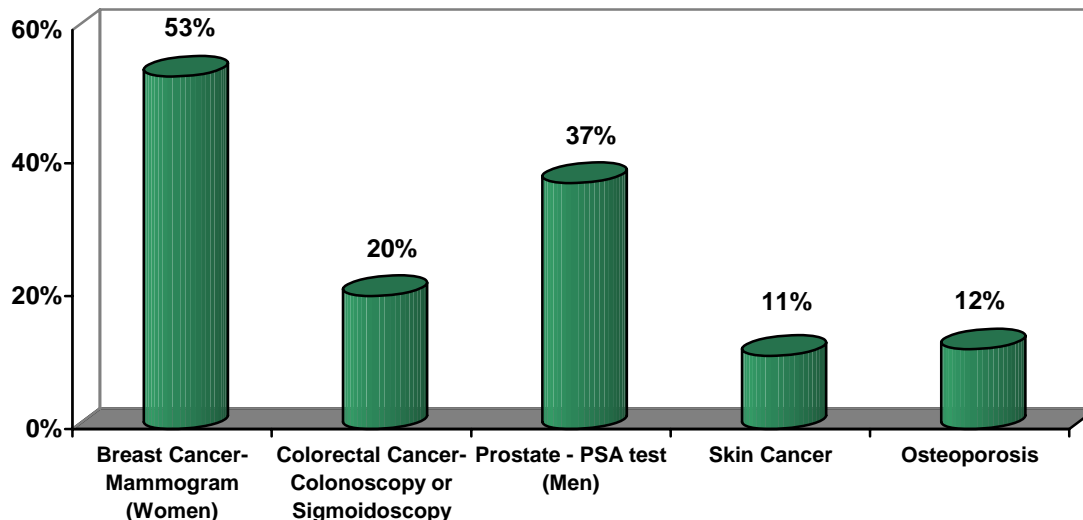


### Preventive Medicine and Health Screenings

The 2009 assessment indicates that 23% of Allen County adults had received a pneumonia vaccination at sometime in their life. Over one-third (35%) of adults had a flu shot during the past 12 months.

**Executive Summary: Physical Health Issues**

**Percent of Allen County Adults Receiving Preventive Testing From Health Care Professionals in the Past Two Years**



### Adult Sexual Behavior & Pregnancy Outcomes

In 2009, almost two-thirds (65%) of Allen County adults had sexual intercourse. Five percent of adults had more than one partner in the past year. Although often drastically underestimated, sexually transmitted infections (STIs or STDs) are one of the most common infections nationwide. Studies have shown that by age 24, 1 in 3 sexually active people will have contracted an STI. *(Source: Planned Parenthood Federation of America, Inc.)*

### Youth Sexual Behavior & Pregnancy Outcomes

Shawnee Middle School did not participate in the sexual health section of the health survey. In 2009, almost half (46%) of Allen County youth have had sexual intercourse, increasing to 63% of those ages 17 and over. Of those who were sexually active, 59% had more than one sexual partner. 11% of Allen County youth were sexually active by the age of 13.

### Oral Health

The 2009 assessment project has determined that three-fifths (60%) of Allen County adults had visited a dentist or dental clinic in the past year. The 2008 BRFSS reported rates of 71% of U.S. adults and 72% of Ohioans had visited the dentist or dental clinic in the previous twelve months. Over two-thirds (68%) of Allen County youth had visited the dentist for a check-up, exam, teeth cleaning, or other dental work in the past year.

## Executive Summary: Behavioral Health Issues

The 2002 Allen County Community Needs Assessment reported that about 1 out of 3 Allen County adults felt sad, blue or **depressed** for two or more weeks in the past year. In 2009, that **decreased** to about 1 out of 4. An interesting finding in 2009 was that those same adults had significant physical health issues when compared to adults who did not report feeling sad, blue or depressed. About 2 out of 3 adults who looked for a program to address anxiety or depression were able to find one.

**Suicide** is an issue for Allen County adults and youth, with 5% of adults and 13% of youth reporting they seriously considered suicide in the past year.

An emerging issue in this 2009 assessment that affects mental health is **traumatic brain injury**. Only 17% of Allen County adults realized that a head injury at some point in their life could lead to feelings of anger and anxiety later in life. About 1/3 of Allen County adults and 1/3 of 6-12 grade youth reported hitting their head hard enough that they had a concussion, were knocked out, had their “bell rung” etc. at some time in their life.

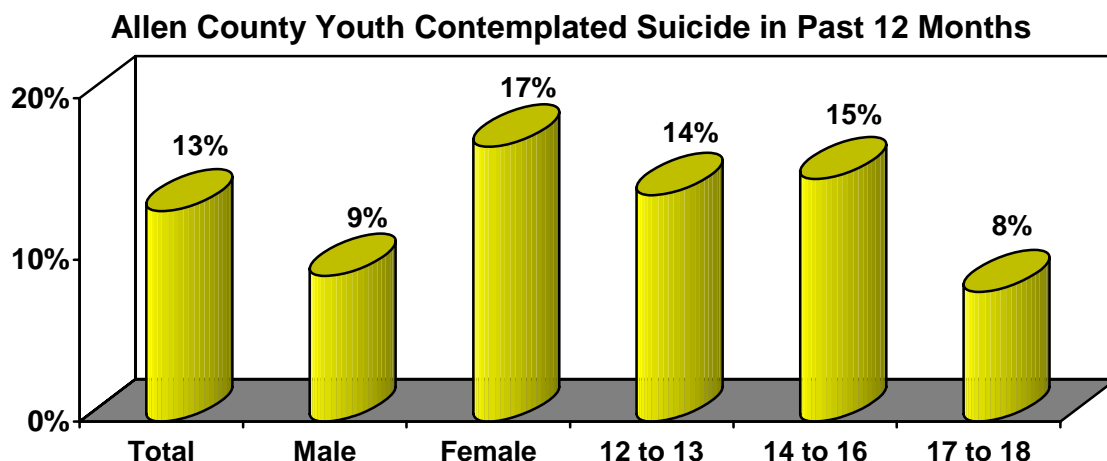
**Stress and anxiety** and the negative ways residents deal with stress continue to be a concern. Although more adults rated their stress level on a typical day as “low” or “very low” in 2009 compared to 2002, 14% of adults and almost one-fourth (22%) of 6-12 grade youth reported their stress level on a typical day to be “high” or “very high”.

**Substance abuse** issues continue to rank very high as a concern among Allen County residents. The rate of adults who **binge drink** in Allen County exceeds state and national rates. High school student rates of drinking and binge drinking are similar to state and national rates. 5% of Allen County adults reported using **recreational drugs** in the past six months and high school students’ reported rates of illegal drug use mirrors state and national high school rates. Marijuana use, binge drinking, and cigarette smoking seem to peak during early teen years compared to 17-18 year old Allen County students. About one-half of adults who looked for a program to help with alcohol or drugs found one.

The following section summarizes key findings regarding behavioral health and substance abuse issues.

### Mental Health and Suicide

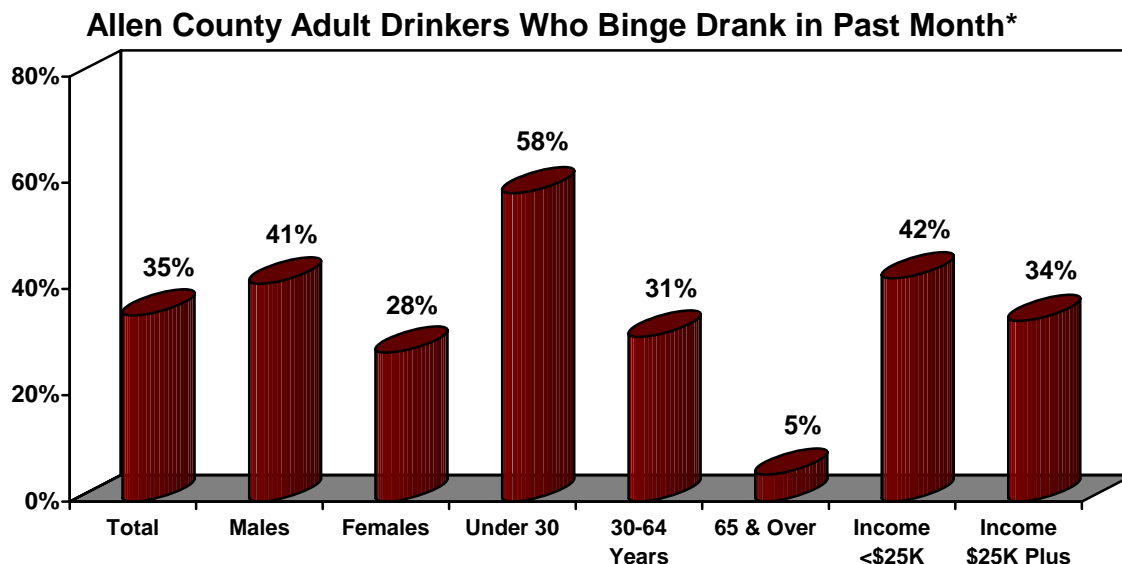
In 2009, 5% of Allen County adults considered attempting suicide. The assessment results indicated that 13% of Allen County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.



## Executive Summary: Behavioral Health Issues

### Adult Alcohol Consumption

In 2009, the assessment indicated that 12% of Allen County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). Thirty-five percent of adults who drink had five or more drinks on one occasion (binge drinking) in the past month. Four percent of adults drove after having perhaps too much to drink.



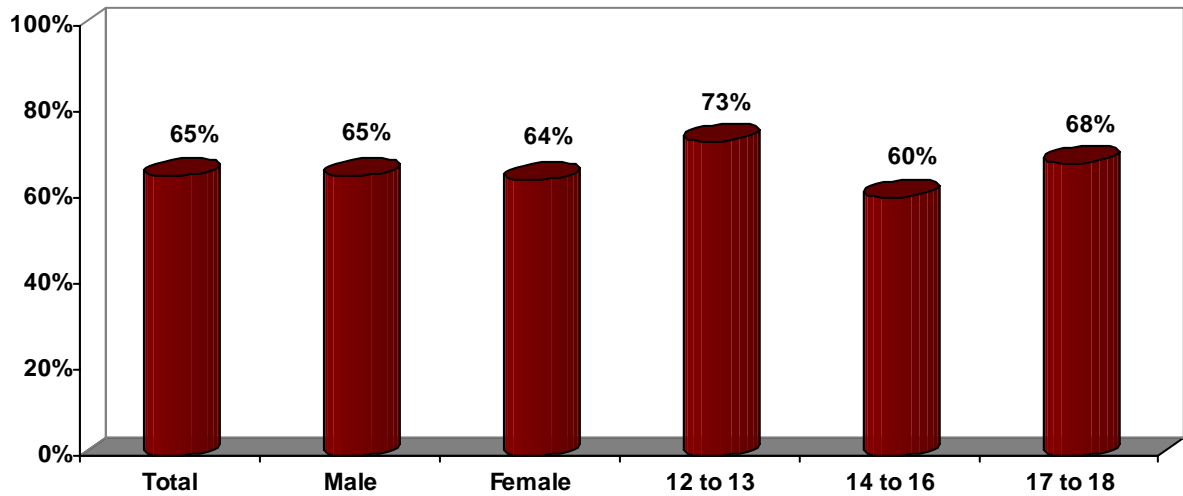
*\*Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks on an occasion. Adults must have reported drinking five or more drinks on an occasion at least once in the previous month.*

### Youth Alcohol Consumption

In 2009, the assessment results indicated that 68% of Allen County youth had drunk at least one drink of alcohol in their life. Almost two-fifths (39%) of those who drank, took their first drink before the age of 12. Just over one-third (34%) of all Allen County youth and 40% of those 14-16 and 17-18 years had at least one drink in the past 30 days. Almost two-thirds (65%) of the youth who reported drinking in the past 30 days had at least one episode of binge drinking. 8% of all youth drivers had driven a car in the past month after they had been drinking alcohol.

## Executive Summary: Behavioral Health Issues

**Allen County Youth Current Drinkers Binge Drinking in Past Month\***

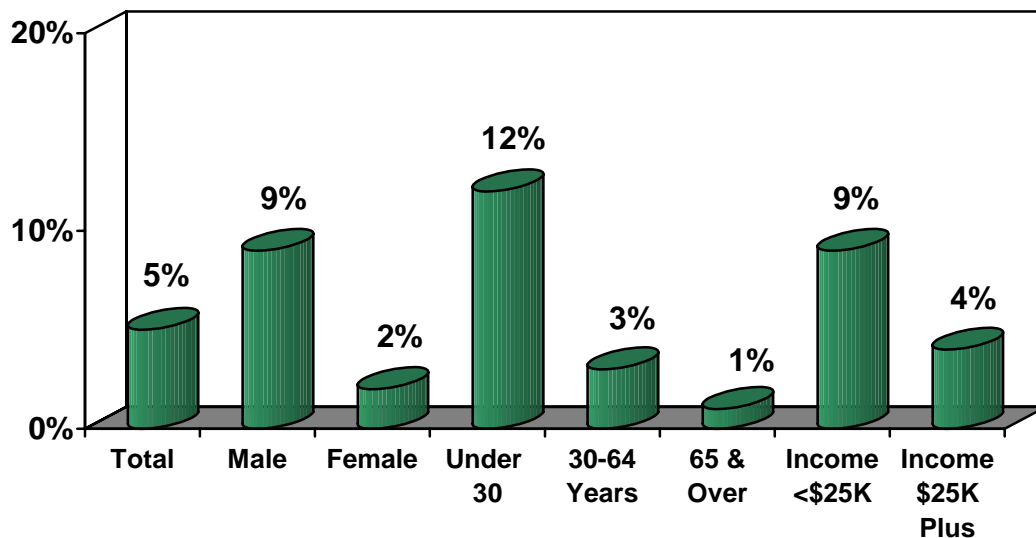


*\*Binge drinking is defined as having five or more drinks on an occasion.*

### Adult and Youth Marijuana and Other Drug Use

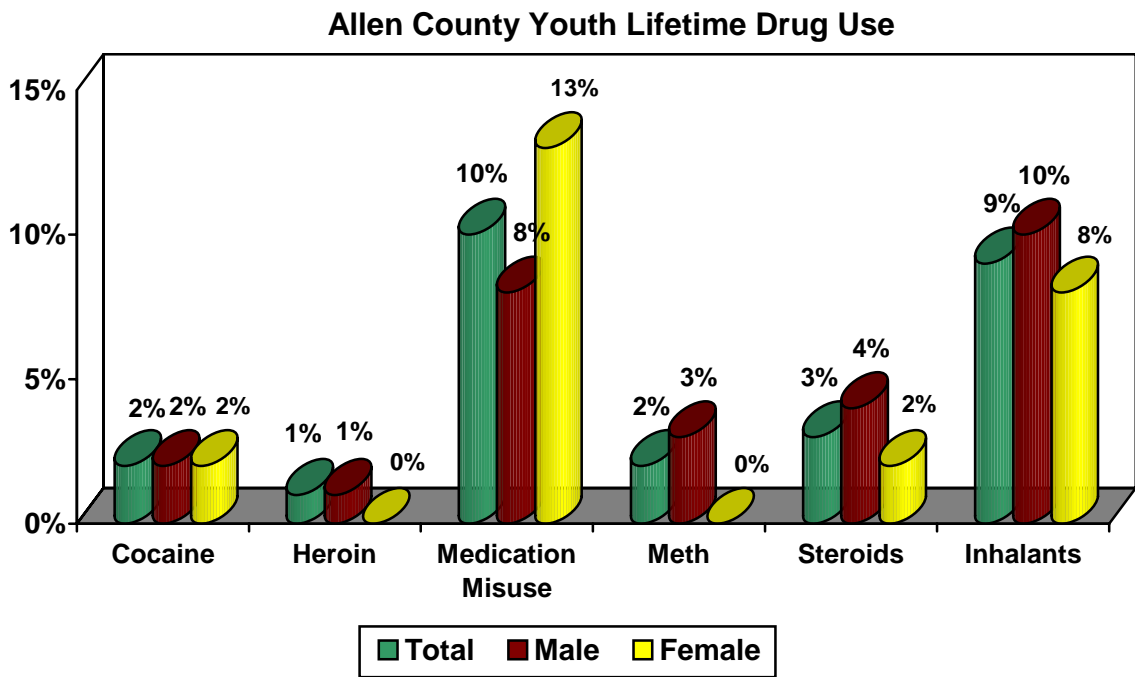
In 2009, 5% of Allen County adults had used recreational drugs during the past 6 months. 16% of Allen County youth had used marijuana at least once in the past 30 days, increasing to 22% of youth ages 14-16. During the past 12 months, 16% of Allen County youth had someone offer, sell, or give them an illegal drug on school property.

**Allen County Adult Recreational Drug Use in Past 6 Months\***



*\*Includes marijuana, methamphetamines, cocaine, heroin, LSD, inhalants and Ecstasy*

**Executive Summary: Behavioral Health Issues & Additional Data**



**African American Data**

The African American data was collected by convenience sampling, due to low response rates from the mailing campaign. Additional surveys were administered at a selected community venue. According to the 2000 U.S. Census approximately 13,225 African Americans live in Allen County (12%). The 2009 Assessment found that 16% of African Americans were diagnosed with diabetes. 23% African Americans were current smokers. 74% of African Americans were either overweight or obese.

## Executive Summary: Youth Data Summary Table

Youth Variables	Allen County 2009 (6-8 grade)	Allen County 2009 (9-12 grade)	Ohio 2007 (9-12 grade)	U.S. 2007 (9-12 grade)
<b>Injury-Related Behaviors</b>				
Rode with a drunk driver in past 30 days	26%	21%	23%	29%
Carried a weapon in past 30 days	13%	15%	17%	18%
Involved in a physical fight in past 12 months	36%	29%	30%	36%
Involved in a physical fight on school property in past 12 months	16%	9%	9%	12%
Threatened or injured with a weapon on school property in past 12 months	13%	10%	8%	8%
Seriously considered suicide in past 12 months	17%	11%	13%	15%
Attempted suicide in past 12 months	11%	2%	7%	7%
<b>Alcohol Use</b>				
Ever had at least one drink of alcohol in lifetime	55%	75%	76%	75%
Used alcohol during past 30 days	19%	41%	46%	45%
Binged during past 30 days (5 or more drinks in a couple of hours on an occasion)	10%	28%	29%	26%
<b>Tobacco Use</b>				
Lifetime cigarette use (ever tried cigarette smoking, even 1 or 2 puffs)	17%	35%	51%	50%
Used cigarettes on one or more of the past 30 days	9%	20%	22%	20%
Used smokeless tobacco in past 30 days	2%	11%	10%	8%
<b>Sexual Behavior</b>				
Ever had sexual intercourse	19%	57%	45%	48%
Had four or more sexual partners	5%	17%	14%	15%
Used a condom at last sexual intercourse	68%	70%	60%	62%
Used birth control pills at last sexual intercourse	16%	38%	17%	16%
<b>Drug Use</b>				
Used marijuana in the past 30 days	7%	20%	18%	20%
Used cocaine in their lifetime	3%	2%	8%	7%
Used heroin in their lifetime	1%	1%	4%	2%
Used methamphetamines in their lifetime	1%	2%	6%	4%
Used steroids in their lifetime	3%	3%	5%	4%
Used prescription medication in order to get high or feel good	5%	13%	N/A	N/A
Used inhalants in order to get high in their lifetime	5%	11%	12%*	13%
Used a needle to inject drugs in their lifetime	0%	1%	3%	2%
Offered, sold or given an illegal drug on school property during the past 12 months	15%	16%	27%	22%

N/A= not available

\*2005 YRBS Data

## Executive Summary: Adult Data Summary Table

Adult Variables	Allen County 2002	Allen County 2009	Ohio 2008	U.S. 2008
<b>Alcohol Consumption</b>				
Had at least one alcoholic beverage in past month	N/A	56%	54%	54%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	16.9%	20%	16%	16%
<b>Tobacco Use</b>				
Current Smoker (currently smoke some or all days)	26.2%	22%	20%	18%
Former Smoker (smoked 100 cigarettes in lifetime & now do not smoke)	N/A	28%	25%	25%
<b>Arthritis, Asthma, &amp; Diabetes (comparative data from 2007 and 2008)</b>				
Has been diagnosed with arthritis	N/A	29%	32%	28%
Has been diagnosed with asthma	11.6%	11%	14%	14%
Has been diagnosed with diabetes	12.8%	12%	11%	9%
<b>Hypertension and Cholesterol Awareness (comparative data from 2007)</b>				
Has been diagnosed with high blood pressure	33.8%	41%	28%	28%
Has been diagnosed with high blood cholesterol	32.2%	34%	40%	38%
<b>Health Care Access</b>				
Has health care coverage	85.5%	86%	88%	85%
Visited a doctor for a routine checkup in past year	N/A	62%	N/A	N/A
<b>Health Status</b>				
Rated general health as fair or poor	N/A	19%	16%	15%
<b>Preventive Behaviors (comparative data from 2006 and 2008)</b>				
Has had a flu shot in past 12 months	N/A	35%	N/A	N/A
Age 65 plus having had a pneumonia vaccine in lifetime	N/A	61%	67%	67%
Dental visit within past year	51.2%	60%	72%	71%
Women age 40 & over had mammogram in past two years	75.3%	69%	76%	76%
Had clinical breast exam in past year	N/A	58%	N/A	N/A
<b>Weight Control</b>				
Obese	29.6%	41%	29%	27%
Overweight	37.8%	36%	34%	36%
<b>Mental Health</b>				
Depressed 2 or more weeks in a row	36.5%	26%	N/A	N/A
Rank stress level as high or very high	18.3%	14%	N/A	N/A

N/A= not available