

# Adult Preventive Medicine and Health Screenings

## Key Findings

*The 2008 health assessment indicates that 23% of Auglaize County adults had received a pneumonia vaccination at sometime in their life. Over one-third (38%) of adults had a flu shot during the past 12 months.*

## Preventive Medicine

- ◆ About one-quarter (23%) of all Auglaize adults have had a pneumonia vaccination at sometime in their life, increasing to 65% of those ages 65 plus.
- ◆ Over one-third (38%) of Auglaize County adults had a flu shot during the past 12 months.

### Who Should Get A Yearly Flu Shot?

Persons at high risk for complications from influenza including:

- ❖ All children aged 6–23 months
- ❖ Adults aged  $\geq 65$  years
- ❖ Pregnant women in their second or third trimester during influenza season
- ❖ Persons aged  $\geq 2$  years with underlying chronic conditions
- ❖ All persons 50 years and older

### Who Should Get A Pneumonia Vaccine?

- ❖ All persons 65 years and older
- ❖ Persons with chronic diseases such as diabetes and kidney diseases

*(Source: Centers for Disease Control)*

## Preventive Health Screenings and Exams

- ◆ 14% of Auglaize County adults had received preventive testing for colon cancer and 12% received preventive testing for skin cancer.
- ◆ 12% of adults were tested for osteoporosis.
- ◆ In the past year, 48% of Auglaize County women ages 40 and over have had a mammogram.
- ◆ In the past year, 45% of men ages 50 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men's Health Section for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Auglaize County adults.

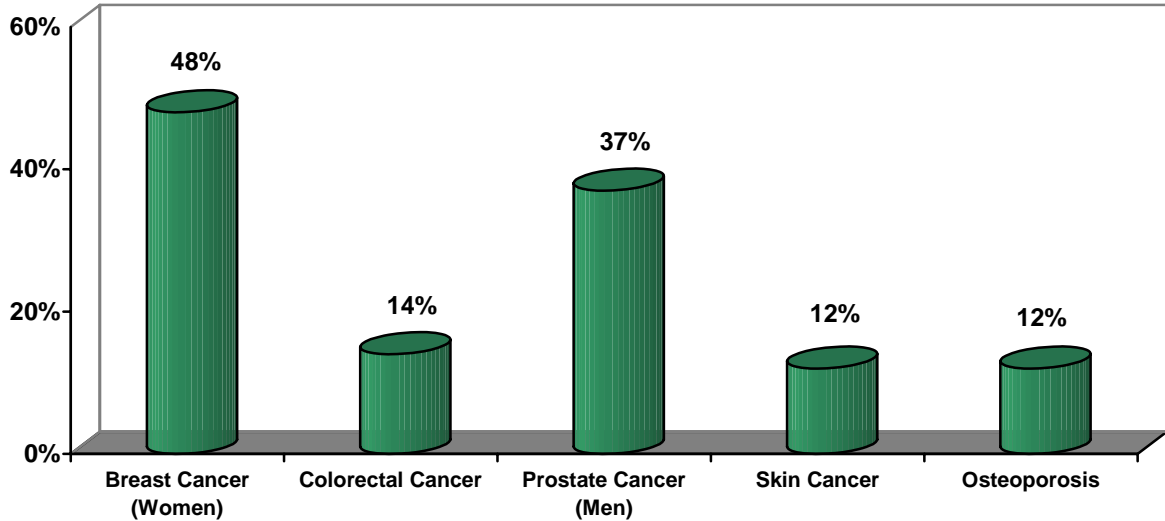
### American Cancer Society Cancer Detection Guidelines

- ❖ Yearly mammogram at age 40 and continuing for as long as a woman is in good health.
- ❖ Clinical breast exam (CBE) every three years for women ages 20-39 and yearly for women 40 and over.
- ❖ Beginning at age 50, both men and women should follow one of these five recommended testing schedules for colon and rectal cancer: yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT), flexible sigmoidoscopy every five years, yearly FOBT or FIT plus flexible sigmoidoscopy every five years, double-contrast barium enema every five years, or colonoscopy every ten years
- ❖ Beginning at age 50, yearly prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) for men with at least a ten-year life expectancy.
- ❖ All women should have an initial cervical cancer screening approximately three years after their first incidence of vaginal intercourse, but no later than age 21.

## Adult Preventive Medicine and Health Screenings

The following graph indicates the percentage of Auglaize County adults who received preventive screenings by a health care professional for several health risk factors and disease categories. They show the number of adults in each segment giving each answer (i.e., the first graph shows that 48% of all women had received a screening for breast cancer in the past two years, 37% of males had received a prostate cancer screening, 12% of adults had received a skin cancer screening and 12% had received an osteoporosis screening).

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



### Auglaize County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	35%
Diagnosed with High Blood Cholesterol	30%
Diagnosed with Diabetes	8%
Diagnosed with a Heart Attack	6%
Diagnosed with a Stroke	4%

Percents based on all Auglaize County adults surveyed.

# Adult Preventive Health Behaviors

## Key Findings

*Just over two-thirds (67%) of the adults stated they always wear a seatbelt when riding in or driving a car. Three-fourths (75%) of Auglaize County adults had deliberately tested their smoke detectors in the past year.*

## Preventive Health Behaviors

- ◆ Just over two-thirds (67%) of Auglaize County adults reported always wearing a seatbelt in the car with an additional 24% who reported they used seatbelts most of the time.
- ◆ Smoke detectors had been deliberately tested in homes by 75% of Auglaize County adults in the past year. Approximately 5% reported having no smoke detectors in their Auglaize County home.
- ◆ Almost half (48%) of adults had a carbon monoxide detector in their home.
- ◆ Auglaize County adults reported their doctor or other health professional had talked to them in the past year about the following topics:
  - Physical activity or exercise (34%)
  - Dieting or eating habits (32%)
  - Quitting Smoking (12%)
  - Mental Health Issues (9%)
  - Immunization Status (8%)
  - Injury Prevention (8%)
- ◆ Auglaize County adults thought residents needed more education about the following:
  - Drug Abuse (58%)
  - Teen pregnancy (56%)
  - Driving under the influence (54%)
  - Tobacco Use (43%)
  - Violence (28%)
  - Speed (27%)
  - Seat Belt Use (18%)

## Community Action Steps to Promote and Facilitate Healthy Lifestyles

- ❖ Create safe walking and cycling trails.
- ❖ Provide low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias.
- ❖ Institute smoke-free policies in workplaces and public areas.
- ❖ Fluoridate community water supplies.
- ❖ Establish health promotion programs such as smoking cessation and exercise programs where people work and gather.

*Source: CDC, Chronic Disease Prevention, Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease, November 2000.*

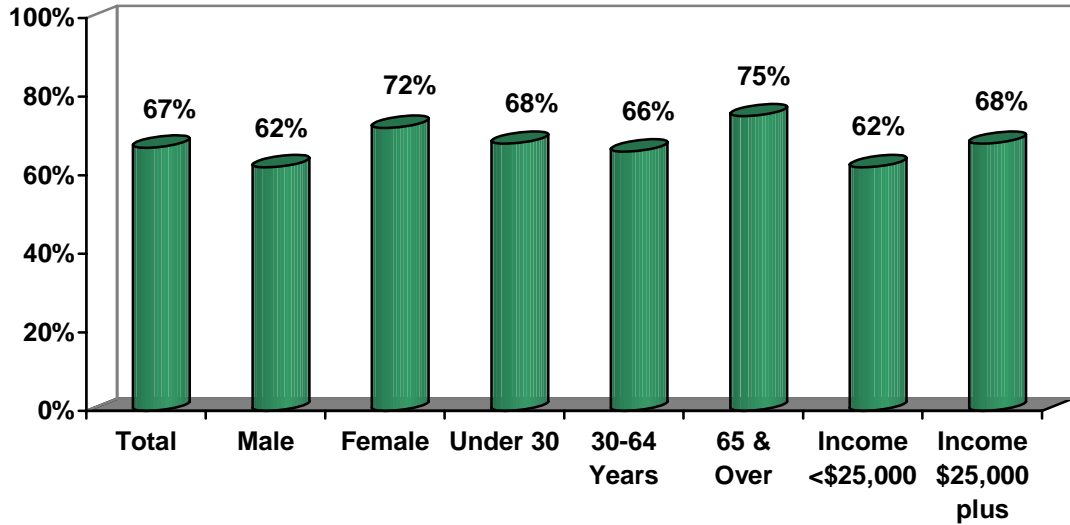
## Environmental Health

- ◆ Auglaize County adults thought the following threatened their health in the past year:
  - Insects (10%)
  - Mold (10%)
  - Rodents or mice (4%)
  - Temperature regulation (8%)
  - Plumbing (4%)
  - Sewage water problems (4%)
  - Chemicals found in household products (4%)
- ◆ 44% of those with a septic tank for wastewater had it pumped in the past 5 years, 7% had it pumped in the past 6-8 years, and 8% had it pumped more than 8 years ago. 18% have never had it pumped and 23% did not know.

## Adult Preventive Health Behaviors

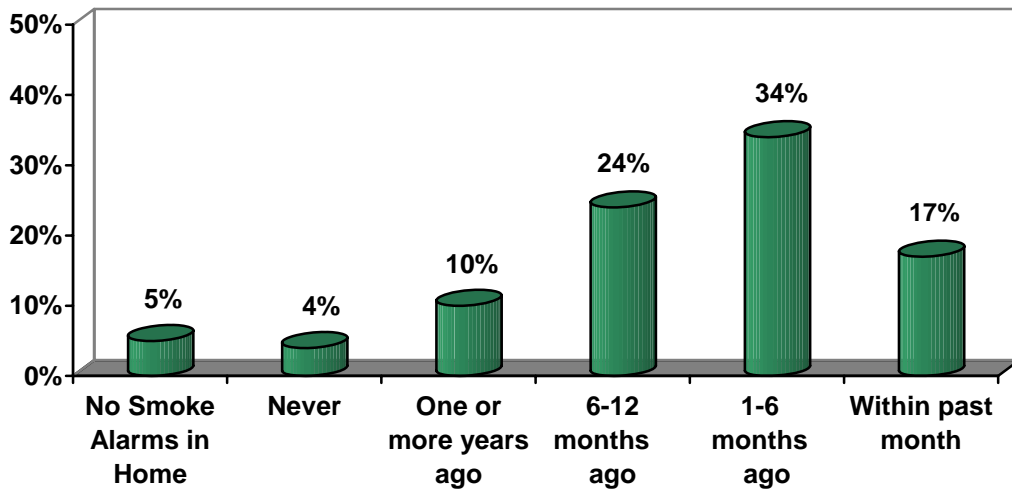
The following graphs show Auglaize County adult seatbelt use and those testing household smoke alarms. The graph shows the number of adults in each segment giving each answer (i.e., the graph shows that 67% of all Auglaize County adults always used a seatbelt when driving or riding in a car).

**Auglaize County Adults Always Wearing Their Seatbelt**



*Respondents were asked: "How often do you use seatbelts when you drive or ride in a car?"*

**Auglaize County Adults Testing All Household Smoke Alarms**



*Respondents were asked: "When was the last time you or someone else deliberately tested all of the smoke alarms in your home?"*