

## Women's Health

### **Key Findings**

*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 for 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.*

### **Women's Health Screenings**

- ◆ In 2009, 73% of women had a mammogram at some time and over two-fifths (41%) had this screening in the past year, increasing to 52% of those ages 40 and over.
- ◆ 69% of women ages 40 and over had a mammogram in the past 2 years. The 2008 BRFSS reported that 76% of women 40 and over in the U.S. and Ohio had a mammogram in the past two years.
- ◆ Most (93%) Allen County women have had a clinical breast exam at some time in their life and over half (58%) had one within the past year.
- ◆ This assessment has identified that 94% of Allen County women have ever had a Pap smear and 49% report having had the exam in the past year. 74% of women had a pap smear in the past three years. The 2008 BRFSS indicated that 83% of U.S. and Ohio women had a pap smear in the past three years.

### **Pregnancy**

- ◆ Almost one-fifth (19%) of Allen County women were pregnant in the past 5 years.
- ◆ During their last pregnancy, women reported the following:
  - 94% were married
  - 83% took a multi-vitamin
  - 5% lived with a smoker
  - 88% received prenatal care in the first 3 months
  - 7% smoked cigarettes

### **Women's Health Concerns**

- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Allen County the 2009 assessment has identified that:
  - 22% of all women were current smokers (17% U.S., 19% Ohio, 2008 BRFSS)
  - 71% were overweight or obese (56% U.S., 57% Ohio, 2008 BRFSS)
  - 34% were diagnosed with high blood cholesterol (36% U.S., 37% Ohio, 2007 BRFSS)
  - 37% were diagnosed with high blood pressure (27% U.S. and 28% Ohio, 2007 BRFSS)
  - 12% have been diagnosed with diabetes (8% U.S., 9% Ohio, 2008 BRFSS)

#### **Allen County - Female Leading Causes of Death, 2005 - 2007**

1. Heart Diseases (28% of all deaths)
2. Cancers (22%)
3. Stroke (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

(Source: ODH Information Warehouse)

#### **Ohio - Female Leading Causes of Death, 2005 - 2007**

1. Heart Diseases (26% of all deaths)
2. Cancers (22%)
3. Stroke (7%)
4. Chronic Lower Respiratory Diseases (6%)
5. Alzheimer's disease (5%)

(Source: ODH Information Warehouse)

#### **2002 Allen County Comparison Data**

- ◆ 75.3% of women age 40 and older had a mammogram within the past 2 years.
- ◆ 80.4% of women had a pap smear within the past 3 years
- ◆ 59.5% of women were overweight or obese. (Source: Allen County Assessment 2002)

## Women's Health

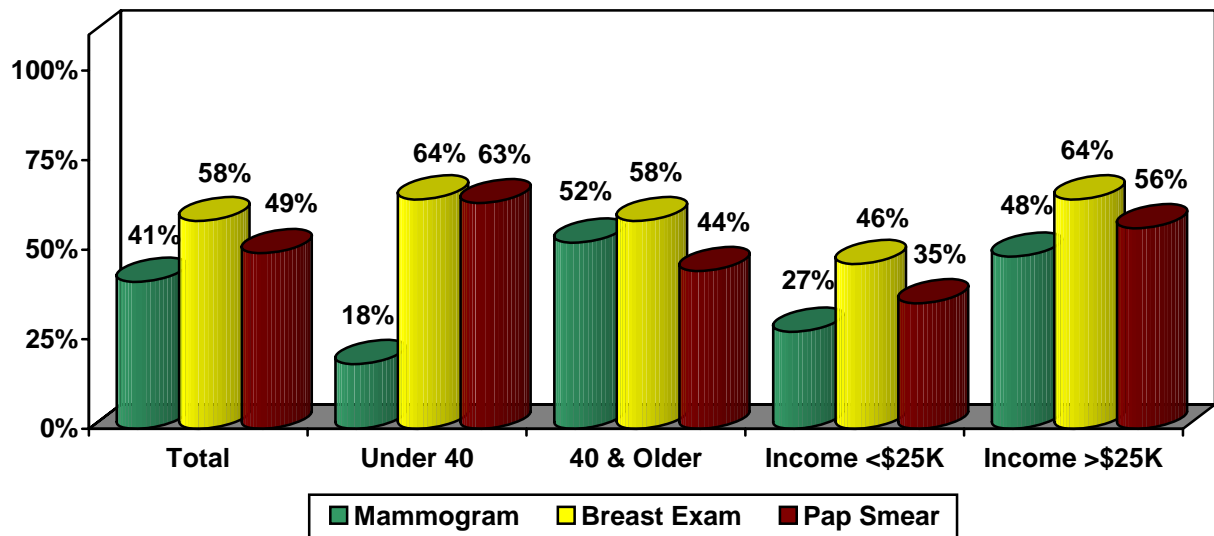
### Cancer Screening Tips for Early Detection in Women

- ❖ Yearly mammograms should begin at age 40, unless there is an increased risk (e.g. family history, genetic tendency, past breast cancer).
- ❖ In the case of an increased risk, the physician should be consulted to talk about starting mammograms early, having extra testing or more frequent exams.
- ❖ Women in their 20s and 30s should have a clinical breast exam about every 3 years.
- ❖ Clinical breast exams should be part of the yearly exam for women 40 years and older.
- ❖ Starting at age 50, screening for colon and rectum cancer should begin with one of the following screening schedules depending on risk: fecal occult blood test every year, a flexible sigmoidoscopy every 5 years, a double-contrast barium enema every 5 years, a colonoscopy every 10 years.
- ❖ Cervical cancer screenings should be done every year with regular Pap tests.
- ❖ At age 30 or after, women with 3 normal pap test results in a row may be able to get screened every 2 to 3 years. However, doctors recommend being screened more often if at higher risk.
- ❖ The American Cancer Society recommends women should be informed about the risks and symptoms of endometrial cancer at the point of menopause. Any unexpected bleeding or spotting should be discussed with a doctor.

*(Source: American Cancer Society: Cancer Prevention & Early Detection Facts and Figures 2007)*

The following graph shows the percentage of Allen County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 41% of Allen County females have had a mammogram within the past year, 58% have had a clinical breast exam, and 49% have had a Pap smear.

### Women's Health Exams Within the Past Year

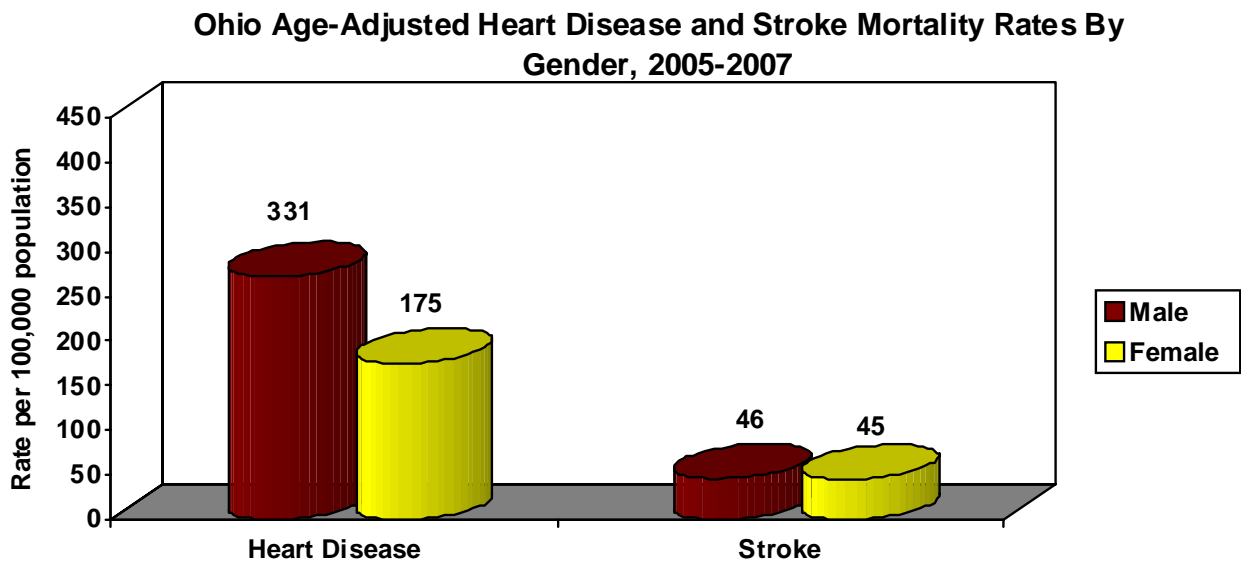
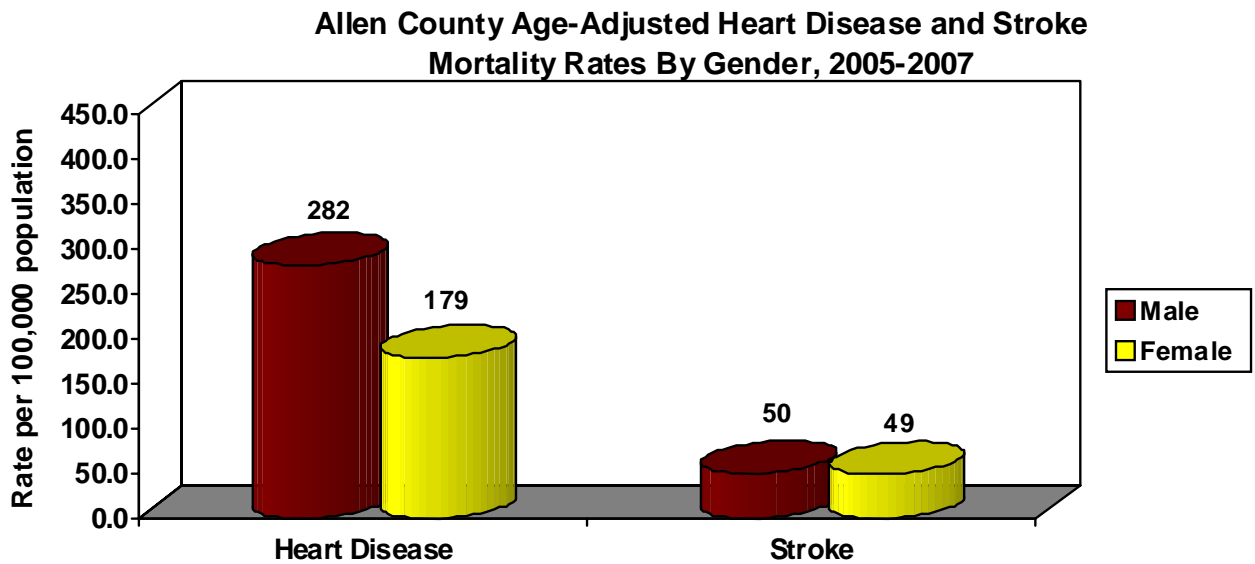


*Source: 2009 Allen County Health Risk and Community Needs Assessment*

## Women's Health

The following graph shows the Allen County age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show that:

- ◆ From 2005-2007, the Allen County and Ohio female heart disease age-adjusted mortality rate was less than the male rates.
- ◆ The female age-adjusted stroke rate was slightly lower than the male rate in Allen County and Ohio.



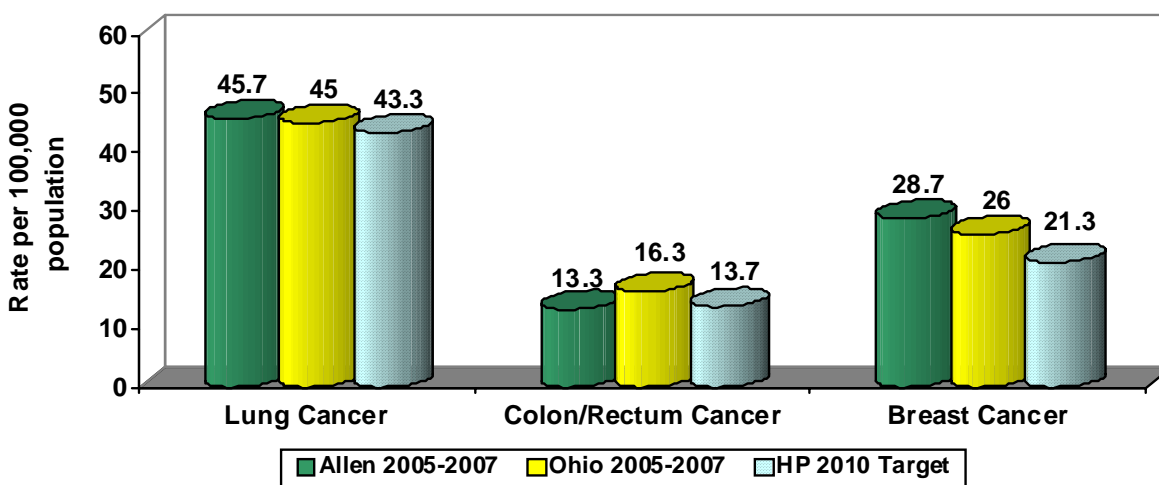
*(Source for graphs: ODH Information Warehouse)*

## Women's Health

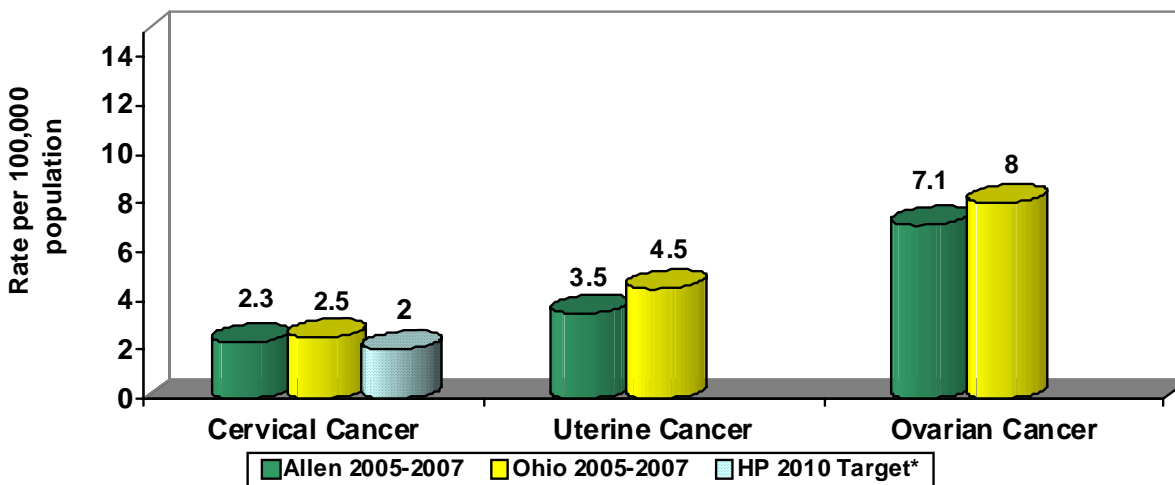
The following graphs show the Allen County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2010 objectives when available. The graphs show:

- ◆ From 2005-2007, the Allen County age-adjusted mortality rate of 45.7 for female lung cancer was less than the male rate of 73.5 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung, trachea, and bronchus cancer took the lives of 92 women and 114 men in Allen County from 2005-2007.
- ◆ For 2005-2007, the Allen County age-adjusted breast cancer mortality rate of 28.7 deaths per 100,000 population exceeded the Healthy People 2010 target goal of 21.3.
- ◆ The Allen County age-adjusted ovarian cancer mortality rate for 2005-2007 was below the state rate.

**Allen County Female Age-Adjusted Cancer Mortality Rates**



**Allen County Female Age-Adjusted Cancer Mortality Rates**



(Source: ODH Information Warehouse and Healthy People 2010)  
 \*Healthy People 2010 Targets may not be available for all diseases.  
 Please note the Healthy People 2010 target rates are not gender specific.