

Adult Preventive Medicine and Health Screenings

Key Findings

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.

Preventive Medicine

- ◆ About one-quarter (23%) of all Allen County adults have had a pneumonia vaccination at sometime in their life, increasing to 61% of those ages 65 plus.
- ◆ Over one-third (35%) of Allen County adults had a flu shot during the past 12 months, increasing to 70% of those ages 65 and over.

Ways to Prevent Seasonal Flu

1. Get vaccinated each year.
2. Avoid close contact with people who are sick.
3. Stay home when you are sick.
4. Cover your mouth and nose.
5. Wash your hands.
6. Avoid touching eyes, nose, or mouth.
7. Practice other good health habits, such as get plenty of sleep, exercise routinely, drink plenty of fluids, eat a nutritious diet.

(Source: Centers for Disease Control, National Center for Immunization and Respiratory Diseases (NCIRD), Fact Sheet: Good Health Habits for Preventing Seasonal Flu)

Preventive Health Screenings and Exams

- ◆ 10% of Allen County adults had a colonoscopy or sigmoidoscopy in the past year, increasing to 18% of those over the age of 50. 54% of adults over the age of 50 had a colonoscopy or sigmoidoscopy in the past 5 years. 39% of adults over the age of 50 had never had a colonoscopy or sigmoidoscopy.
- ◆ 11% of Allen County adults were screened for skin cancer in the past 2 years.
- ◆ 12% of adults were tested for osteoporosis in the past 2 years.
- ◆ In the past year, 52% of Allen County women ages 40 and over had a mammogram.
- ◆ In the past year, 49% 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 Allen County adults.

Common Risk Factors for Osteoporosis

- ◆ Older age
- ◆ Family history of osteoporosis
- ◆ Being Caucasian, Asian or Latino
- ◆ Having gone through menopause
- ◆ Inactive lifestyle
- ◆ Being female
- ◆ Low body weight/ being small and thin
- ◆ Having a history of broken bones
- ◆ Having low sex hormone levels (such as estrogen or testosterone)
- ◆ Smoking

(Source: National Osteoporosis Foundation – Risk Factors for Osteoporosis)

2002 Allen County Comparison Data

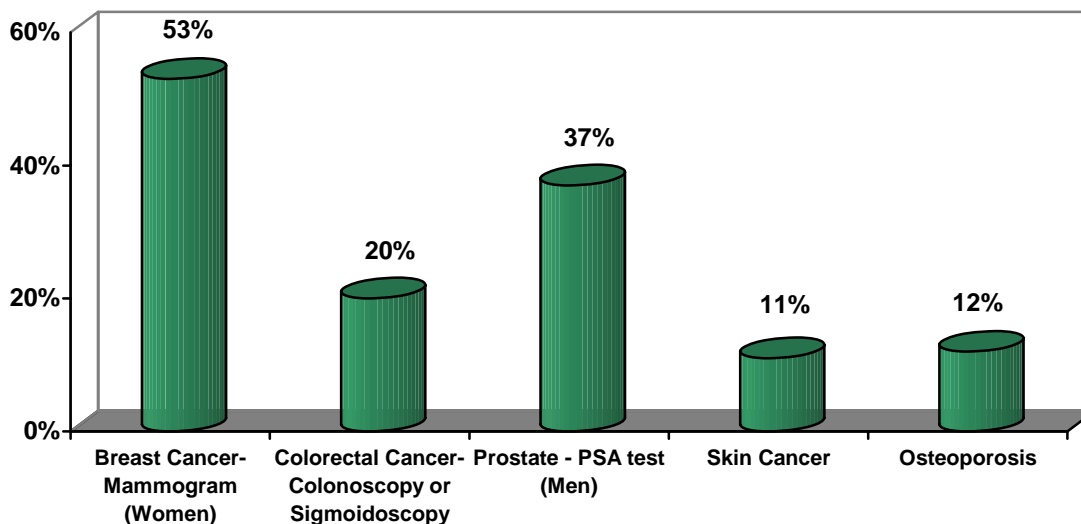
- ◆ 33.0% of Allen County adults reported receiving a flu shot in the past year (29.0% in 1999).
- ◆ 29.2% of adults reported having been tested for colon cancer within the past 2 years.
- ◆ Of adults over the age of 50, 37.6% had been tested for colon cancer in the past year, 63.2% had been tested in the past 5 years, and 28.0% had never been tested for colon cancer.

(Source: Allen County Assessment 2002)

Adult Preventive Medicine and Health Screenings

The following graph indicates the percentage of Allen 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 53% of all women had received a screening for breast cancer in the past two years, 37% of males had received a prostate cancer screening, 20% of adults had received a screening for colon cancer, 11% of adults had received a skin cancer screening and 12% had received an osteoporosis screening).

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



Source: 2009 Allen County Health Risk and Community Needs Assessment

Allen County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	41%
Diagnosed with High Blood Cholesterol	34%
Diagnosed with Diabetes	12%
Diagnosed with a Heart Attack	7%
Diagnosed with a Stroke	2%

Percents based on all Allen County adults surveyed.
Source: 2009 Allen County Health Risk and Community Needs Assessment

Adult Preventive Health Behaviors

Key Findings

In 2009, just over two-thirds (68%) of Allen County adults stated they always wear a seatbelt when riding in or driving a car. Over two-thirds (68%) of Allen County adults had deliberately tested their smoke detectors in the past year.

Preventive Health Behaviors

- ◆ Just over two-thirds (68%) of Allen County adults reported always wearing a seatbelt in the car with an additional 19% who reported they used seatbelts most of the time.
- ◆ Smoke detectors had been deliberately tested in homes by 68% of Allen County adults in the past year. Approximately 5% reported having no smoke detectors in their Allen County home.
- ◆ Allen 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 (31%)
 - Quitting Smoking (14%), increasing to 47% of current smokers.
 - Immunization Status (12%)
 - Mental Health Issues (11%)
 - Injury Prevention (9%)
 - Alcohol Use (7%)
 - Drug Abuse (6%)
 - Sexual practices (6%)
 - Domestic violence (2%)

Environmental Health

- ◆ Allen County adults thought the following threatened their health in the past year:
 - Insects (10%)
 - Mold (10%)
 - Temperature regulation (6%)
 - Chemicals found in household products (4%)
 - Unsafe water supply (3%)
 - Plumbing problems (3%)
 - Safety hazards (2%)
 - Rodents or mice (1%)
 - Asbestos (1%)
 - Sewage water problems (0%)
 - Lead paint (0%)

Community Action Steps to Promote and Facilitate Healthy Lifestyles

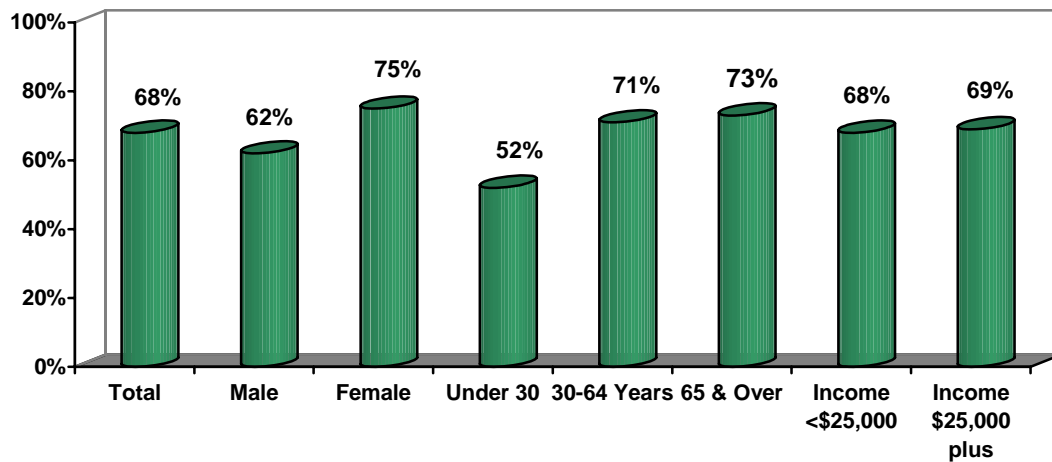
- ◆ Create safe walking and cycling trails.
- ◆ Provide low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias.
- ◆ Institute smoke-free policies in workplaces and public areas.
- ◆ Fluoridate community water supplies.
- ◆ Establish health promotion programs 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.

Adult Preventive Health Behaviors

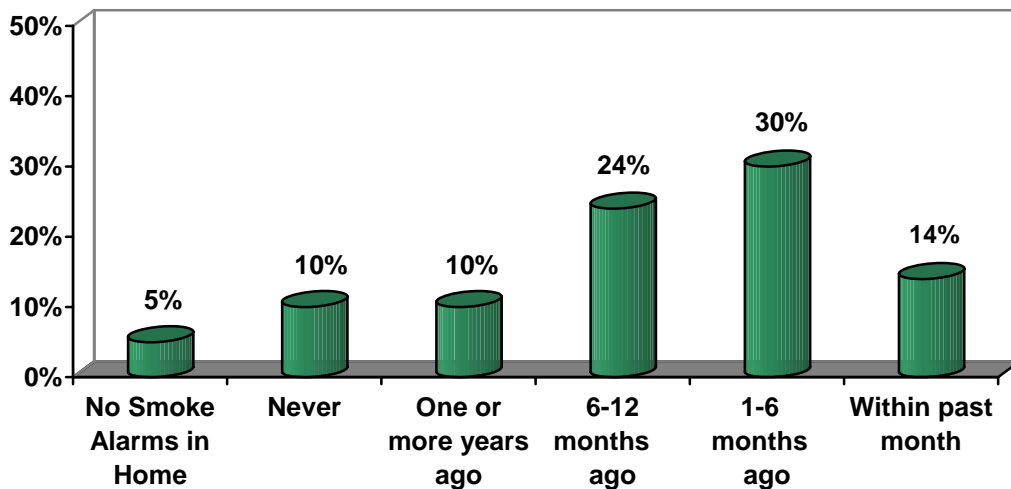
The following graphs show Allen County adult seatbelt use and those testing household smoke alarms. The graph shows the number of adults in each segment giving each answer (i.e., the graph shows that 68% of all Allen County adults always used a seatbelt when driving or riding in a car).

Allen County Adults Always Wearing Their Seatbelt



*Respondents were asked: "How often do you use seatbelts when you drive or ride in a car?"
Source: 2009 Allen County Health Risk and Community Needs Assessment*

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