

## **Community Health Assessment 2010- 2011**

The Auglaize County Health Department has provided us with a comprehensive overview of the health status of the county's residents. The health assessment survey was funded through a grant from the Ohio Department of Health and conducted by the Hospital Council of Northwest Ohio (designed by University of Toledo professors). The survey was similar to those conducted nationally by federal agencies and therefore provides comparison to national data (US Centers for Disease Control).

Joint Township District Memorial Hospital / Grand Lake Health System and numerous social service / health organizations contributed to the community health assessment through consulting on the survey design, analyzing the results and helping to distribute the information in the community.

Heart disease, cancer and stroke are the leading causes of death in Auglaize County as well as the United States. 35% of Auglaize county adults have been diagnosed with high blood pressure and 30% have high cholesterol, two major risk factors for heart disease. One third (33%) of Auglaize county adults were obese compared to 28% of Ohio and 26% of US adults. 19% of Auglaize county adults stated they were current smokers in the survey.

Over half (54%) of Auglaize county adults rated their health as excellent or very good while 21% rated their health as poor and 19% rated their mental health was not good.

In the 2008 survey, 14% of county adults could not access the care they needed because of cost (current economic conditions may increase that number). Approximately 44% of Auglaize county adults visited a doctor for a routine check up with that raising to 63% of those over age 65.

The County's age adjusted rate for heart disease mortality is similar to the rate for Ohio but is much higher than US overall rate.

Age adjusted mortality rates for cancer in Auglaize County (185 per 100,000 populations) are slightly lower than the Ohio rate of (198.8).

In Auglaize County, the incidence of cancer is highest for the following: colon & rectum (14% of all cancer cases), breast (13%), lung and bronchia (10%) and prostate (10%).

Diabetes is the 7th leading cause of death in Auglaize County. The County's age adjusted mortality rate per 100,000 populations for males is 31.1 (35.3 for Ohio) and females 22.6 (25.6 for Ohio).

8% of Auglaize county adults have been diagnosed with diabetes increasing to 21% for those with income less than \$25,000 and 18% of those over age 65. 11% of Auglaize county resident have been told that they have pre-diabetes.

Of those Auglaize county residents who have been diagnosed with diabetes: 76% had high blood pressure; 61% had high cholesterol; 88% were obese or overweight; and 55% were over age 60.

Over one quarter (27%) of Auglaize county adults were told by a health professional that they had arthritis.

9% of Auglaize adults have been diagnosed with asthma increasing to 14% of those under age 30.

In the 2008 survey, 72% of Auglaize county adults were either overweight (39%) or obese (33%) by BMI standards.

## **Women's Health**

64% of Auglaize county adult women have had a mammogram in their lifetime with 33% indicating a mammogram in the past year.

Most (95%) Auglaize county women have had a clinical breast exam in their lifetime and 55% within the year previous to this survey.

48% of Auglaize county women over age 40 have had a mammogram in the past year while 77% of women over age 40 in Ohio and the US had a mammogram in the past two years.

### **Women's Health Cancers (Auglaize women)**

17% of Auglaize women were current smokers (18% US, 22 % Ohio)

64% were overweight or obese (56% US, 56 % Ohio)

26% had high cholesterol (37% US, 37% Ohio)

36% high blood pressure (27% US, 28% Ohio)

42% exercised less than three days per week

8% have been diagnosed with diabetes (8% US, 9% Ohio)

Age adjusted cancer mortality rates for Auglaize county women were lower than Ohio rates for lung cancer and colon rectum cancers but higher for breast, cervical, uterine and ovarian cancers.

### **Men's Health Risks (Auglaize Men)**

19% of Auglaize men are current smokers (21% US, 24% Ohio)

80% were overweight or obese (70% US, 71% Ohio)

34% had high blood pressure (28% US, 29% Ohio)

34% had high cholesterol (39% US, 42% Ohio)

53% were exercising less than three days per week

8% had been diagnosed with diabetes (8% US, 9% Ohio)

72% of Auglaize County men age 50 and over have had a PSA in their lifetime with 45% in the past year.

Auglaize county men have a lower rate of age adjusted cancer mortality than Ohio rates for lung and prostate cancer but higher than Ohio for colon and rectum.

### **Preventative Health**

67% of Auglaize county adults always wear a seatbelt.

23% of Auglaize county adults had a pneumonia vaccination in their life increasing to 65% of those age 65 plus.

Over one-third (38%) of Auglaize county adults had a flu shot during the past 12 months.

14% received preventative testing for colon cancer and 12% preventative testing for skin cancer.

12% were tested for osteoporosis.

### **Mental Health**

5% of Auglaize county adults considered attempting suicide in past year; 8% of women.

1% of adults reported attempting suicide

17% of adults reported a doctor prescribed medical treatment for their depression, increasing to 25% of women.

### **Grand Lake Health System Response**

Joint Township District Memorial Hospital / Grand Lake Health System responded to the survey by developing programs (and working with organizations throughout the community) to address the issues highlighted in the community needs assessment.

Took a community leadership role by becoming a smoke free hospital (one of the first in Ohio). 2008

Developed a certified diabetic program at the hospital to address this need and the growing epidemic of diabetes. 2009

With help from an Ohio Hospital Association grant, developed the Grand Lake Health Challenge to encourage a family approach to address obesity, diabetes and other health issues. 2011

Grand Lake Health System was recognized by the American Heart Association as one of only 15 organizations in the United States for innovation in community fitness with programs such as the Road to Fitness. 2009 and 2010

The Community Outreach program at Grand Lake Health System provides a wide range of community health education, screenings and health fairs, and programs to address the needs outlined in the community assessment. Ongoing

Joint Township District Memorial Hospital / Grand Lake Health System was recognized as a Platinum level Fit-Friendly Company by the American Heart Association for our employee fitness program. This program also provides a role model to local businesses. 2009 and 2010

Adopted by the Joint Township District Memorial Hospital

### **Board of Directors on December, 20, 2010**

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