



Darke County
Community Health
Assessment

2010 / 2011

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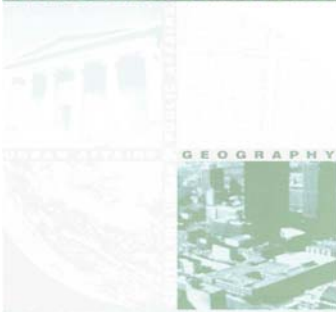


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EXECUTIVE SUMMARY

In 2011, the Center for Urban and Public Affairs (CUPA) at Wright State University (WSU) conducted a community health assessment for the Darke County Health Department (DCHD). The survey was based upon the Behavioral Risk Factor Surveillance System (BRFSS) conducted by the Centers for Disease Control and Prevention (CDC), as well as health assessments conducted by neighboring counties and priority health needs within the county. The purpose of the health needs assessment is to assess the prevalence of disease and behavioral risk factors, assess broad community health issues and shape a broader definition of community health, monitor the impact of community health action plans and trends in behavioral modifications and provide a vehicle to discuss ways to improve community health.

The following are highlights of the 2011 assessment:

There are many positive signs.....

- ✓ Darke County residents are optimistic about their health, with the majority (86.7 percent) of residents saying they have good, very good or excellent health.
- ✓ Darke County respondents (15.2 percent) were significantly less likely than respondents across Ohio (20.7 percent) and the nation (18.9 percent) to report having days with health limitations over the past month.
- ✓ The percentage of Darke County adults who currently smoke (12.9 percent) is significantly lower than the State (20.3 percent) and Nation (17.9 percent).
- ✓ Over 95 percent of Darke County respondents indicated that they have a usual source of medical care, while over 99 percent of respondents indicated that their child has a primary care doctor.
- ✓ Almost all respondents (95.9 percent) indicated that their children are up-to-date on their immunizations, with almost 40 percent visiting public health clinics for these immunizations.
- ✓ When presented with a list of possible problems in their community, at least two-thirds of respondents indicated that each issue was no problem at all in the county.

But we still have some work to do...

- ✓ The percentage of Darke County women over the age of 40 (63.9 percent) who have had a mammogram is significantly lower than the State (75.8 percent) and Nation (76.0 percent).
- ✓ Darke County residents (37.7 percent) were significantly more likely than residents across Ohio (26.3 percent) and the nation (23.8 percent) to report no physical activity over the last month.
- ✓ Darke County residents (75.4 percent) were significantly less likely than the State (81.3 percent) and Nation (80.8 percent) to indicate that they have had their cholesterol checked at some point in their life.
- ✓ Darke County women (68.9 percent) were significantly less likely than women across the State (82.7 percent) and Nation (82.9 percent) to have had a Pap test in the past three years.
- ✓ High percentages of Darke County residents have not had an eye exam or dental exam within the past year. As a result, almost half of respondents have had a tooth removed due to decay or disease.
- ✓ Preventative care continues to be an issue, as Darke County residents are also significantly more likely than residents across the state and nation to have had a blood stool test or colonoscopy.

CHAPTER I – INTRODUCTION

The 2011 Darke County Community Health Assessment consists of a telephone survey of 600 Darke County adults, a youth survey administered in Darke County schools, as well as the development of a community health improvement plan to help guide the strategic direction of health services in the county. The primary purpose of the survey of adults is to evaluate the health status of residents, establish public health priorities, and identify baseline measures for establishing public health program outcomes.

The assessment is based upon questions from the Behavioral Risk Factor Surveillance System (BRFSS) survey conducted annually by the Centers for Disease Control and Prevention (CDC), as well as community health assessments conducted by neighboring communities and priority health needs within the county. The assessment addresses access to and utilization of health care, the prevalence of certain diseases, lifestyle choices, early detection and immunizations, attitudes and behaviors toward health and prevention, and some broader community concerns.

Objectives

The overall goal of the needs assessment is to perform a community health assessment that will lead to improved quality of public and private health services. In addition, the health assessment can be used for a variety of purposes such as the following:

- To assess the distribution of disease and behavioral risk factors.
- To assess broad community health issues and to shape a broader definition of community health.
- To monitor the impact of community health action plans and trends in behavioral risk modifications. The community health assessment will continue to be repeated approximately every four to five years to determine if actions taken by communities are impacting the behaviors that lead to poor health.
- To provide a vehicle to discuss ways to improve community health. The study can assist stakeholders working collaboratively in the community to address issues that affect health.

The results of the survey will be combined with the results of the Darke County Youth Survey to guide the county in the development of its strategic plan, which will address health deficiencies identified by the survey.

Methodology

Questionnaire Design

The assessment is based on a telephone survey of residents living in Darke County. As stated previously, the survey was adapted from the BRFSS, which was developed by the CDC, as well

as community health assessments conducted by neighboring counties. The BRFSS is conducted annually by each state to assess health behaviors in the nation. Utilizing questions which are identical in wording to the BRFSS and these other health assessments allows for comparison of Darke County responses to other counties, the state, and the nation.

Sampling Design

A sample of random digit dial telephone numbers was selected from Marketing Systems Group, a national company that generates telephone numbers. The database was supplemented with cell phone numbers when possible to capture responses from residents of the county who do not have a landline telephone.

Survey Implementation

Interviews were conducted from Saturday, January 22nd through Thursday, March 24th, 2011. Residents were interviewed Monday through Thursday 3:00 – 9:00 p.m., Friday 10:00 a.m. – 5:00 p.m., Saturday 12:00 p.m. – 4:00 p.m. and Sunday 3:00 – 8:00 p.m. Interviewers utilized a Computer Aided Telephone Interviewing (CATI) software program that displays the questionnaire on a computer screen and allows the interview to enter the response directly into the computer. Such a system helps to minimize errors in gathering the data. A total of 600 individuals were interviewed to obtain a 95 percent confidence level and a plus or minus 4 percent sampling error for the County as a whole.

Data Analysis

The data were weighted according to age, race, and gender distribution of the county. The data were weighted to provide more accurate estimates and to adjust the distribution of the sample data to reflect the demographics of the adult population of the county. By weighting the data, the responses of persons in various subgroups are adjusted to compensate for the over-representation or under-representation of these persons in the survey sample.

In most cases, the chi-square test was used to measure statistically significant differences among groups within the survey. In some cases when the mean was used to describe the variable (as opposed to the proportion) the independent samples t-test was used to measure the statistical difference between data. In the following report, only the statistically significant differences will be reported. If no significant difference exists, differences between subgroups within the survey will not be reported, unless it issued to highlight another point (e.g., there are no differences between sub-groups when researchers might expect that there would be). Often, data that are not statistically significantly different may still have substantive differences.

The data from Darke County were compared to state and national data for key questions. The most recent state and national data were used, depending upon how recently specific questions were asked. In addition, it should be noted that the national estimates represent the median of the states and not the average (or mean) of the states' data.

To measure the statistical differences between the county, state, and nation, two statistical tests were used. Since the actual proportions were available for the state, the chi-square test was also used when comparing the differences between the county-level data and the state data. However, as mentioned above, the median value was the only value available for the national data so a different statistical test, the binomial test, was used to compare the county-level data to the national data. Appendix B at the conclusion of this report profiles differences between Darke County respondents and the state and nation.

Limitations

The assessment has several limitations. As with every telephone survey, the primary limitation is that it excludes households that do not have telephones. It is estimated that about ten percent of households nationally do not have telephones, and these households are more likely to be poor. Previous research conducted by CUPA has found that people without telephones are more likely to have multiple barriers to accessing health care.

A second limitation of the study is that it is based on self-reported information and may reflect respondents' likelihood of reporting a particular behavior; however, since the same methodology is utilized for the state and national survey, the same bias applies. For example, Darke County respondents may have been less likely to report that they participated in an activity such as drinking and driving; however, state and national respondents would also be less likely to report that they participated in such an activity. Therefore, the differences between these groups can still be measured.

Sample Demographics

The following presents the demographic profiles of survey respondents. The proportions for age, race, and gender were similar to the actual proportions as indicated in data obtained from the 2006-2008 American Community Survey for Darke County. The data were weighted by age, race and gender to equal the actual proportion.

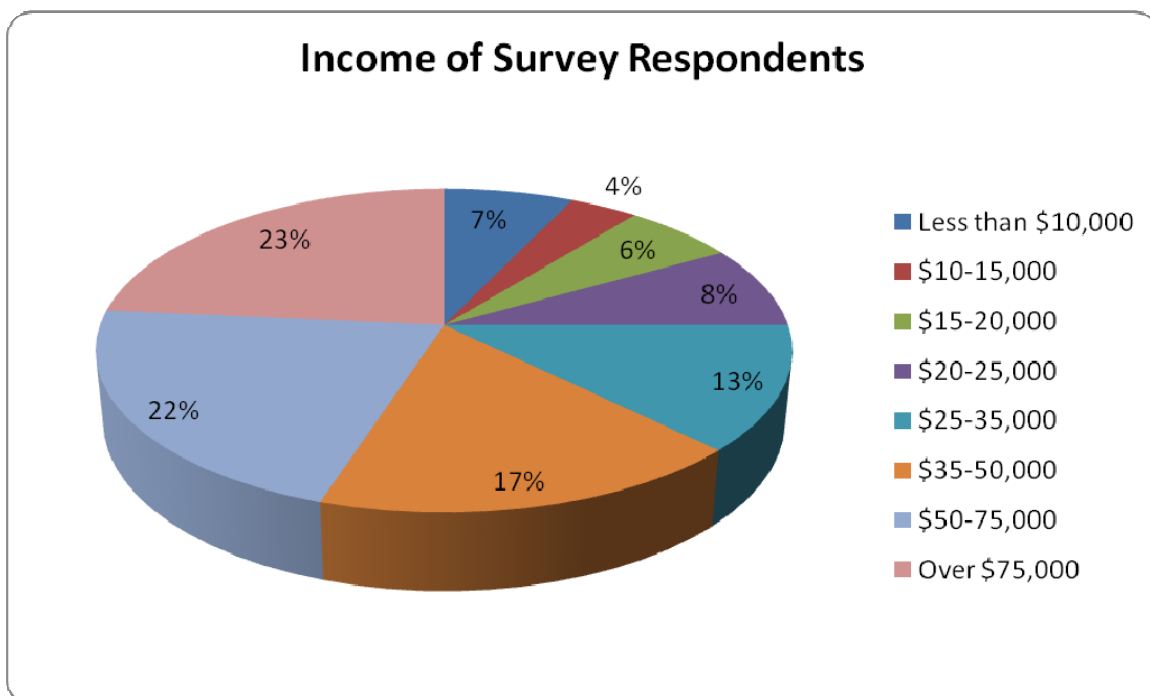
Figure 1.1

Age	Actual Proportion (2006-2008 ACS)	Weighted Sample Proportion
18-34	26.1%	26.1%
35-44	17.6%	17.6%
45-54	19.6%	19.6%
55-64	15.6%	15.6%
65 or older	21.1%	21.1%

Most of the survey respondents indicated their racial affiliation as “white,” which reflects the demographics obtained from the American Community Survey. Specifically, 96.9 percent of survey respondents indicated that they are white, with 3.1 percent of respondents indicating that they are another race.

The weighted sample contains a slightly higher percentage of females (51.5 percent) than males (48.5 percent). More than three in five respondents (60.8 percent) live in households with two adults, while 13.0 percent live in three adult households and 6.8 percent have four or more adults in their household.

Other demographic indicators include annual household income, employment and education level. The greatest proportion of survey respondents has an annual household income of over \$75,000 (23.5 percent), followed by \$50,001 to \$75,000 (21.6 percent).



Almost two-thirds of respondents are married (65.7 percent), while 12.7 percent have never been married, 9.7 percent are divorced, and 10.4 percent are widowed.

The greatest proportion of survey respondents have a high school degree (42.9 percent), while 26.8 percent have some college and 21.9 percent have a college degree. The remaining respondents (8.4 percent) have less than a high school education.

More than half of respondents (52.2 percent) are employed for wages. More than one in five respondents (22.4 percent) is retired, while 6.6 percent of respondents are currently unemployed and looking for a job.

CHAPTER 2 – GENERAL HEALTH STATUS

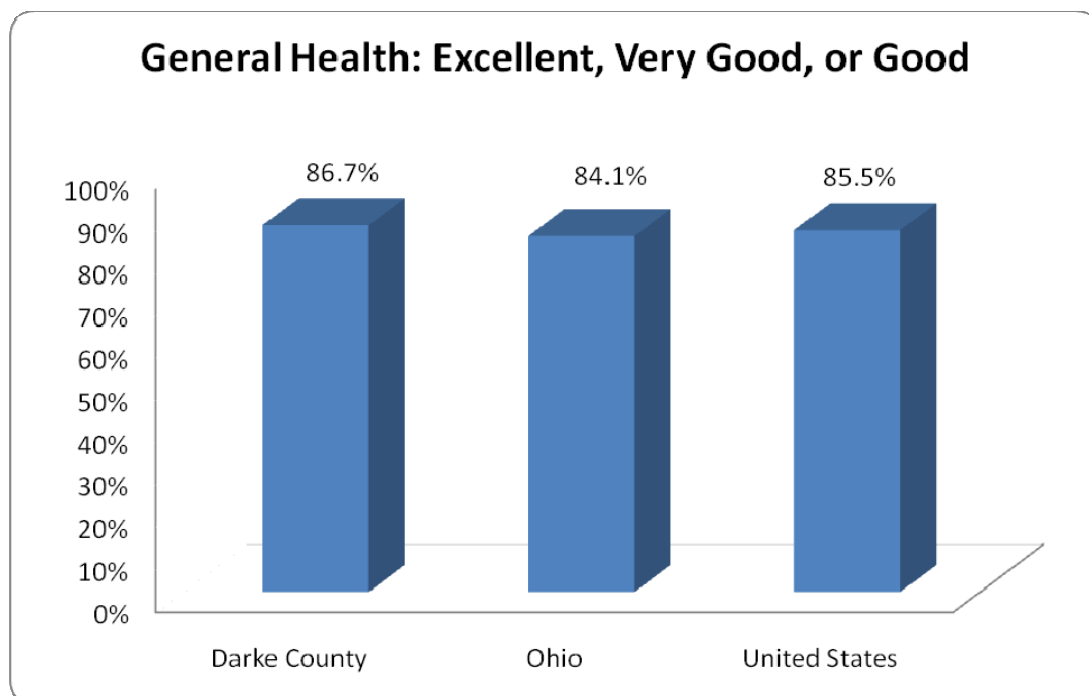
This chapter will address the general health status of Darke County residents, including days with poor physical and mental health, as well as days with health limitations. The chapter will also address Darke County residents without access to health care.

General Health

The general health status of respondents is a self-reported gauge of an individual's overall health condition. The first question of the survey asked respondents to rate their overall health to provide a measure of peoples' initial impression of their health status.

More than four in five respondents (86.7 percent) indicated that in general, their health is excellent (20.5 percent), very good (34.5 percent) or good (31.7 percent). The percentage of Darke County residents rating their health as excellent, very good or good (86.7 percent) is slightly higher than the State of Ohio (84.1 percent) and the nation (85.5 percent), though this difference is not statistically significant. As might be expected, respondents who reported zero days with poor physical or mental health were significantly more likely than those respondents who reported one or more days with poor physical or mental health to indicate that their health is "excellent", "very good" or "good".

Crosstabs by demographic variables reveal that younger respondents and females were significantly more likely than older respondents and males to indicate that their health is "excellent", "very good" or "good".



Next, respondents were asked in more detail about their physical and mental health. Despite their assertions of good health overall, 34.0 percent of residents said that, in the past month, they have had days with poor physical health. Fewer respondents reported having days with poor mental health in the past month (16.9 percent). Crosstabs by demographic variables revealed no significant differences by age. Despite females being more likely than males to describe their general health as excellent, very good or good, female respondents were significantly more likely than male respondents to indicate having at least one day when their physical health was not good. Analysis of responses pertaining to mental health revealed no significant differences across demographic groups.

When asked if poor physical or mental health kept them from doing any activities, such as self-care, work or recreation, 15.2 percent of all respondents indicated that they had at least one day in the past month in which they had limitations. The percentage of Darke County residents that stated they were limited in the past thirty days is significantly lower than data reported across the State of Ohio (20.7 percent) as well as the nation (18.8 percent).

Fifteen percent of respondents (14.9 percent) indicated that they are limited in their activities because of physical, mental or emotional problems, with the majority (14.1 percent) indicating that their limitation is primarily physical. Just 1.7 percent indicated that they had mental limitations and 1.1 percent had emotional problems.

Mental Health

The next section of the survey addressed topics related to mental health, including depression, anxiety, and suicide.

Seven percent of respondents (7.0 percent or 42 respondents) indicated they have felt so sad or hopeless for two weeks in a row or more that they stopped doing some usual activities. A crosstab ran by gender and age did not indicate any significance between experiencing characteristics of depression and gender or age of respondents.

All respondents were asked if they have seriously considered committing suicide in the past twelve months. Seven respondents (1.1 percent) indicated that they did consider committing suicide; however, none of these respondents actually attempted suicide.

Fortunately, more than four in five respondents (83.6 percent) indicated that they would know who to talk to or where to go if they ever felt depressed or suicidal. When asked who they would talk to, common responses included a doctor, pastor or religious figure, or friend or family. A complete list of responses can be found in Appendix D.

Quality of Life

Respondents were posed several questions concerning their quality of life. When asked if they are limited in any way in their daily activities because of an impairment or health problem, 12.3

percent of respondents indicated that they have limitations. As might be expected, older respondents were significantly more likely than younger respondents to indicate they were limited because of an impairment or health problem.

Respondents who are limited in their daily activities were asked to identify the specific impairments or health problems that are the source of their limitation. Of those who are limited in their daily activities, the most common limitations included back or neck problems (30.2 percent), walking problems (26.0 percent), arthritis (23.1 percent), and bone/joint injuries (15.4 percent). Other responses included:

- Eye/vision problems (14.8 percent)
- Lung/breathing problems (11.4 percent)
- Diabetes (8.4 percent)
- Hypertension/blood pressure (7.3 percent)
- Heart problems (7.1 percent)
- Chronic pain (6.0 percent)
- Depression/anxiety/emotional problems (4.5 percent)
- Stroke problems (4.2 percent)
- Cancer (4.2 percent)
- Hearing problems (3.2 percent)
- Other impairment or problem (25.5 percent)

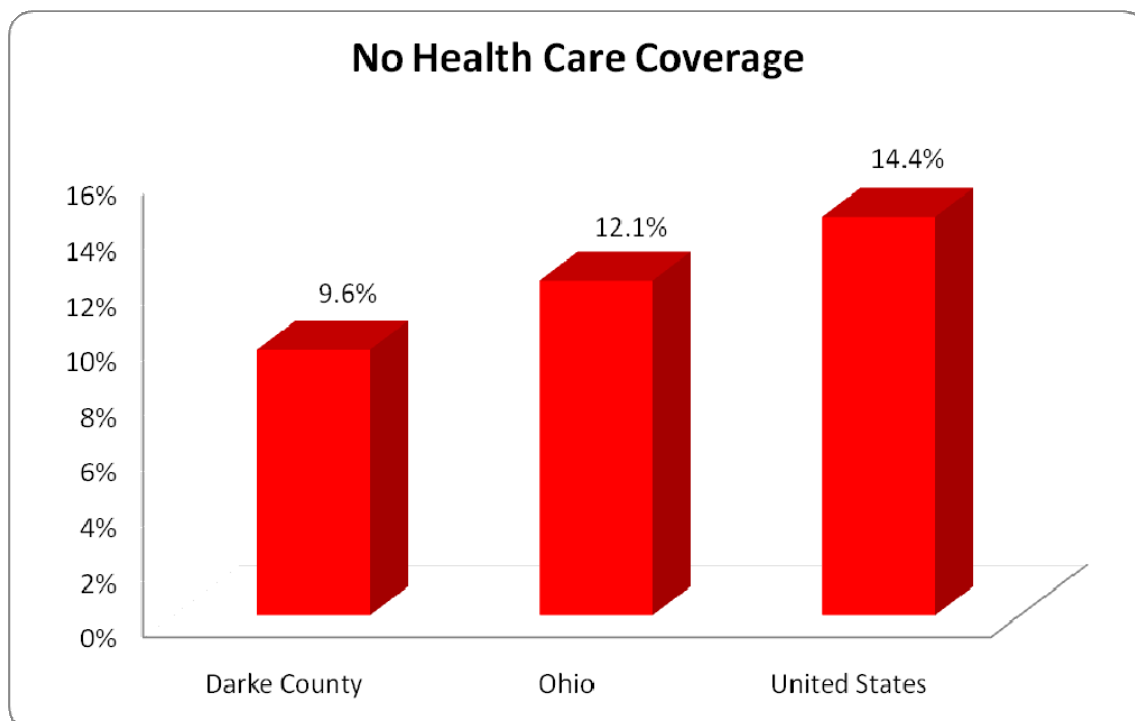
Respondents that indicated having impairments were also asked if they needed the help of others to bathe, dress, groom, go to the bathroom, eat, or walk. More than eighty percent (82.7 percent) of respondents said they did not need help from others in these capacities. The remaining respondents (17.3 percent or 13 respondents) indicated that they do need assistance, including with walking (13.4 percent), dressing (9.3 percent), bathing (8.3 percent), grooming (5.3 percent), toileting (4.4 percent) and eating (3.3 percent).

Access to Health Care

Several questions were asked to gauge peoples' *access to health care*, a primary concern at national, state, and local levels. During tough economic times, the percentage of residents who are uninsured or underinsured can grow, particularly in areas hit hard by unemployment.

First, Darke County residents were asked if they had health care coverage. Over 90 percent of respondents (90.4 percent) indicated they have some sort of health care coverage. When asked what kind of health insurance they currently have, the most common responses included employer-provided coverage (55.8 percent) and public assistance, including Medicaid and Medicare (24.2 percent). The remaining respondents are self-insured (10.1 percent), receive health insurance through the military (2.7 percent), Molina (1.3 percent), Amerigroup (0.2 percent) or some other kind of coverage (10.6 percent). A list of other health insurance providers cited by respondents can be found in Appendix D.

In Darke County, 9.6 percent of residents said they had no health care coverage. This percentage is lower than the State of Ohio (12.1 percent) and significantly lower than the national percentage (14.3 percent). Almost half of those who do not have health insurance (46.6 percent) indicated that they could not afford to pay the premiums, while 29.3 percent indicated it was a result of losing their job or changing employers, and 7.7 percent indicated that their employer does not offer coverage or stopped offering coverage. The remaining respondents indicated they were without healthcare because their parent or spouse lost their job, their insurance company refused coverage, or some other reason. A list of other responses can be found in Appendix D.



Respondents who do not have health care coverage were asked how long they have been without health insurance. More than twenty percent (20.4 percent) of respondents have been without insurance for less than a year, while 78.4 percent or 45 respondents have been without insurance for a year or more and 1.2 percent has never had health insurance coverage.

Health Care Utilization

The next section of the survey asked questions pertaining to access to health care providers. Questions were designed to assess whether respondents have a health care provider, the frequency of regular check-ups, as well as whether respondents without a health care provider are impacted by lack of health care coverage.

Respondents were asked questions pertaining to their frequency of health care access. More than two-thirds of respondents (69.9 percent) indicated that they have visited the doctor for a

routine check-up in the past year. Another 13.5 percent of respondents have visited a doctor 1-2 years ago. Eight percent of respondents (8.3 percent) have visited a doctor for a routine check-up 2-5 years ago, while 7.0 percent of respondents haven't been to a doctor for a routine check-up in five or more ago. One percent of respondents (1.2 percent) have never visited a doctor for a routine check-up.

Over 95 percent of respondents (95.5 percent) say they have a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health; while only 4.5 percent of all respondents do not have a primary source where they receive health care services.

Respondents who indicated having a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health were asked what is the specific type of place it is that they get their health care services from. The majority of respondents (85.3 percent) indicated that they receive their services from a doctor's office or HMO, while 10.3 percent of respondents utilize a clinic or health center. Just 3.6 percent of respondents use an urgent care center or hospital for their primary health care provider.

The respondents who indicated not having a usual source for medical care were asked to identify the primary reason that they are without a specific service provider. The highest percentage of respondents (45.1 percent) indicated that they have not needed a doctor, while 19.3 percent of respondents said that their doctor doesn't accept their health insurance and 15.6 percent of respondents do not have a doctor.

Finally, Darke County residents were asked if there was a time in the last 12 months when they needed to see a doctor but could not because of the cost or lack of transportation. Almost nine percent of respondents (8.9 percent) indicated that there was a time in the past year when they needed to see a doctor but could not because of cost. Just 1.4 percent (or 8 respondents) indicated that lack of transportation prohibited them from seeing a doctor in the past year.

CHAPTER 3- PREVALENCE OF DISEASE

This chapter discusses the prevalence of some diseases in Darke County, including asthma cardiovascular diseases, and diabetes. The sections also provide some details on attitudes, behaviors and actions toward these diseases as well as disease prevention and early detection.

Asthma

Asthma is a chronic respiratory disease in which the airways of the lungs become temporarily blocked due to inflammation. Symptoms associated with asthma include labored breathing, chest constriction, and coughing. When respondents were asked if a doctor had ever told them that they had asthma, slightly over one in ten Darke County adults (11.6 percent) have indicated that they have been diagnosed with asthma.

Six percent of respondents who have asthma (6.4 percent) indicated that they have had to visit an emergency room or urgent care center because of asthma in the past 12 months. Eight percent of respondents (8.0 percent) who have been diagnosed with asthma at some point in their life indicated that they have not had an asthma attack in the last 12 months.

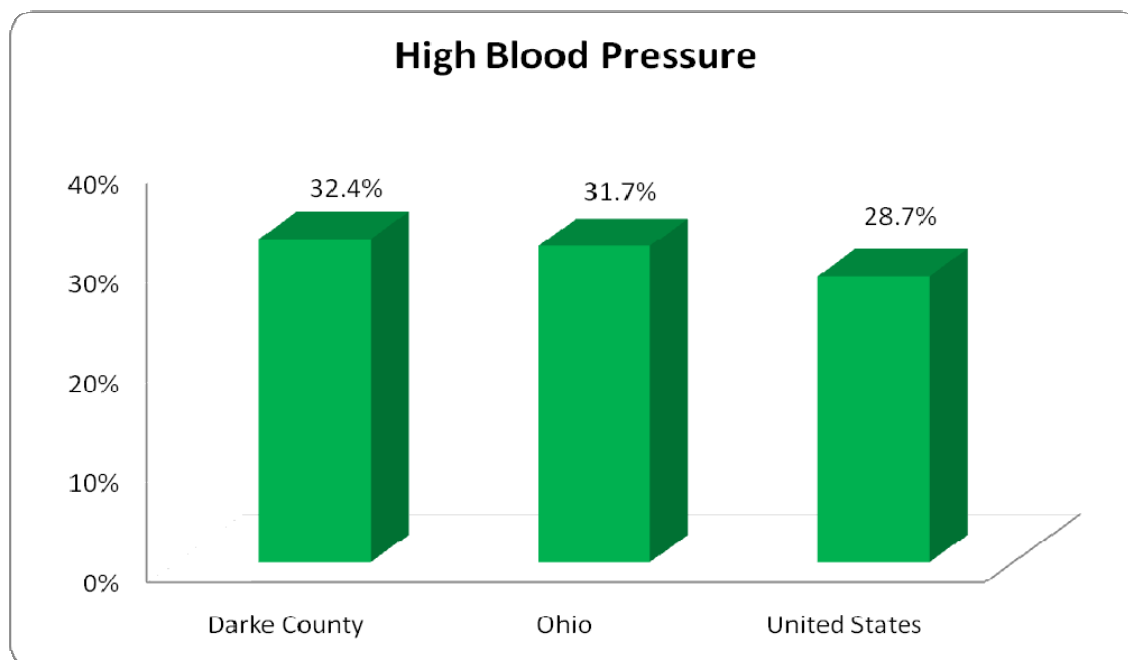
Cardiovascular Diseases

High Blood Pressure

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. There are no symptoms, and according to the American Heart Association, nearly one-third of people with high blood pressure don't know they have it. This is why high blood pressure is often called the "silent killer."

Darke County residents were first asked how long it has been since they had their blood pressure taken by a doctor, nurse, or other health care professional. The majority of respondents (87.6 percent) indicated having their blood pressure taken within the last year, while 12.4 percent have had their blood pressure taken one year ago or more.

Almost one-third of Darke County adults (32.4 percent) have been diagnosed with high blood pressure, which is slightly more than the percentage for the State of Ohio (31.7 percent) and significantly more than the percentage reported for the Nation (28.6 percent). Crosstabs by demographics revealed that older respondents (those 65 and older) were significantly more likely than younger respondents to indicate that they have high blood pressure. In fact, over half of respondents 55-64 (52.1 percent) and 61.6 percent of those 65 and older have been told that they have high blood pressure, compared to just 29.1 percent of respondents 45-54, 17.0 percent of respondents 35-44 and 9.6 percent of respondents 18-34. Male respondents (38.3 percent) were also significantly more likely than female respondents (26.5 percent) to indicate that they have high blood pressure.



Many people with high blood pressure rely on several different methods to help control their blood pressure. Such methods include taking medication, dieting to lose weight, cutting down on salt, and exercising. More than three-quarters (78.0 percent) of Darke County adults with high blood pressure control their blood pressure with medication, while 51.5 percent cut down on salt, 49.6 percent use exercise, and 38.5 percent are dieting to lose weight. Almost eight percent of respondents (7.7 percent) are not doing anything to control their blood pressure.

High Cholesterol

Cholesterol is a fat-like molecule found in all cells of the body that is essential for body functions, including the production of hormones. Too much cholesterol in the blood can be serious, causing plaques to build up in the walls of the arteries leading to narrowing of the arteries over time, or atherosclerosis. Lowering blood cholesterol levels decreases the chance for having a plaque burst and causing a heart attack, and may also prevent plaque from building up. People with high blood cholesterol are at greater risk for heart attacks and heart disease.

All Darke County residents were asked if they have ever had their blood cholesterol checked. Three quarters of respondents (75.4 percent) indicated they have had their cholesterol checked at some point in their life. However, less than one-quarter of respondents (24.2 percent) indicated that they know their cholesterol numbers.

When asked how long it has been since their blood cholesterol was checked, 69.1 percent of all respondents (and 94.5 percent of those who have had their cholesterol checked) have had their blood cholesterol checked within the last 5 years. Darke County residents were significantly less likely than residents across Ohio (77.4 percent) and residents across the nation (76.9

percent) to indicate that they have had their blood cholesterol checked within the last five years.

Over thirty percent (36.2 percent) of Darke County adults have been diagnosed with high cholesterol, which is slightly lower than residents across Ohio (39.6 percent), and the nation (37.5 percent). This slightly lower percentage is likely indicative of the fact that Darke County respondents were less likely to have their cholesterol checked which in turn leads to fewer respondents being diagnosed with high cholesterol.

Like those who have been diagnosed with high blood pressure, many people with high blood cholesterol rely upon various methods to help control their cholesterol. Such methods include taking medication, dieting to lose weight, cutting down on fat and cholesterol, and exercising. Sixty-three percent (67.1 percent) of Darke County adults with high blood cholesterol take medication to help lower their cholesterol, while 59.2 percent are cutting down on fat and cholesterol in their diet, 51.6 percent are using exercise, and 48.2 percent are dieting to lose weight. Five percent of respondents (5.3 percent) are not doing anything to control their blood cholesterol.

Coronary Heart Disease, Heart Attack and Stroke

Coronary heart disease (CHD) is still the number one cause of death in the United States, outweighing cancer, stroke, and chronic lower respiratory disease. CHD is caused by a narrowing of the walls of the arteries, and often results in a heart attack. Each year, about 1.1 million Americans suffer a heart attack and about 460,000 of those heart attacks are fatal (National Heart, Lung and Blood Institute). Thirteen percent (13.0 percent) of respondents indicated they have had a heart attack or myocardial infarction (4.7 percent), angina or coronary heart disease (3.1 percent), stroke (2.4 percent) or some other heart problem (6.9 percent). [Please note: the percentage exceed 13.0 percent because some respondents reported multiple cardiovascular problems].

Prevention

Some Darke County adults are making lifestyle changes to prevent cardiovascular diseases. Coronary heart disease, heart attacks and strokes are largely preventable conditions whose likelihood can be reduced through lifestyle choices.

First, residents of Darke County were asked a series of questions to assess what steps they are taking to reduce their risk for heart disease or stroke. Eighteen percent (18.1 percent) of respondents indicated that they have been told by a doctor that they were at risk for heart disease or stroke.

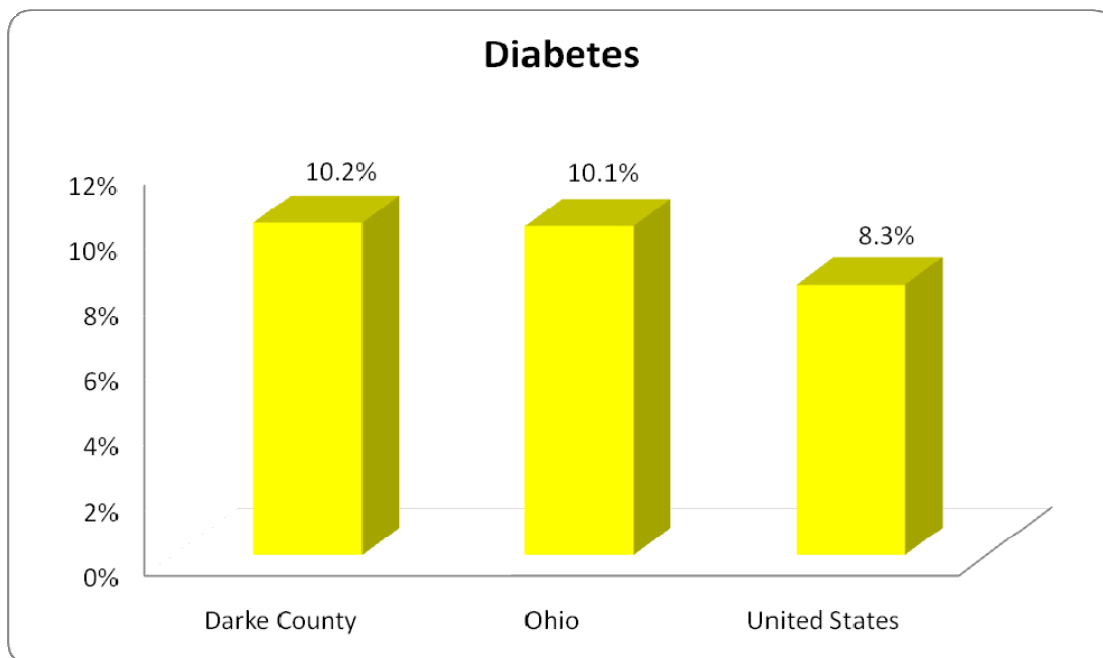
Some research suggests that taking an aspirin daily may decrease the risk for a heart attack or stroke. More than one in five (24.0 percent) Darke County adults indicated they take an aspirin daily or every other day to reduce their chances for a heart attack or stroke. Finally, respondents were asked to indicate if they are currently taking any medication, other than

aspirin, for a heart problem. Only 11.6 percent of respondents take medication, other than aspirin, for a heart problem. (This represents 29.7 percent of respondents who self-reported being at risk for heart disease or stroke).

Diabetes

Diabetes is a disease in which the pancreas is unable to produce insulin or cannot properly use the insulin that it does produce. According to the American Diabetes Association, an estimated 18.2 million people in the United States have diabetes, although probably one-third do not know they have the disease. There are two main types of diabetes (although others do exist), Type 1 and Type 2. Only about 5 – 10 percent of people with diabetes have Type 1 diabetes, where the body fails to produce insulin. More common is Type 2 diabetes, where the cells are resistant to insulin and cells may also not produce enough insulin.

Having diabetes dramatically increases the risk of heart attack and stroke, and 65 percent of deaths in diabetes patients are attributed to heart and vascular diseases (American Diabetes Association). Twelve percent of Darke County residents (11.9 percent) have been told by a doctor that they have diabetes or high sugar, and 1.7 percent of those were told this only during pregnancy. The 10.2 percent of Darke County residents with diabetes is slightly lower than the State of Ohio (10.1 percent), and slightly higher than the Nation (8.4 percent), but neither difference is statistically significant. Respondents who indicated having been diagnosed with diabetes were asked at what age they were diagnosed. Nearly two-thirds of respondents (62.6 percent) indicated being diagnosed at the age of 50 or older.



Those respondents with diabetes were asked a series of questions pertaining to their treatment of the disease. Almost thirty percent of respondents (29.0 percent) are currently taking insulin

to treat their diabetes, while more respondents are taking oral medication (70.3 percent) or making changes to their diet (68.5 percent).

Respondents were asked how many times per day or per week they check their blood for glucose or sugar, including the times when a friend or family member checks it, but excluding times when checked by a health care professional. Two-thirds of respondents (67.0 percent) indicated that they check their blood for glucose or sugar at least one or more times a day, while thirteen percent of respondents (12.8 percent) never check their blood for glucose. Two in five respondents (41.1 percent) have taken a course on how to manage diabetes themselves.

A test for “A one C” measures the average level of blood sugar over the past three months. More than eighty percent of respondents (88.7 percent) with diabetes have had their blood checked for “A one C” in the past twelve months.

Finally, respondents were asked about health related concerns that they have experienced related to having diabetes. More than half (58.8 percent) of respondents who have been diagnosed with diabetes indicated they have not experienced any health concerns related to diabetes, while 41.2 percent have had health concerns related to diabetes. Twenty-seven percent (27.3 percent) of respondents who indicated having health concerns related to diabetes cited difficulty with vision being an issue, while 22.3 percent experienced dizziness, confusion or headaches, 21.1 percent had numbness in fingers and toes, 7.6 percent experienced kidney problems and 6.5 percent of respondents experienced open sores on their feet.

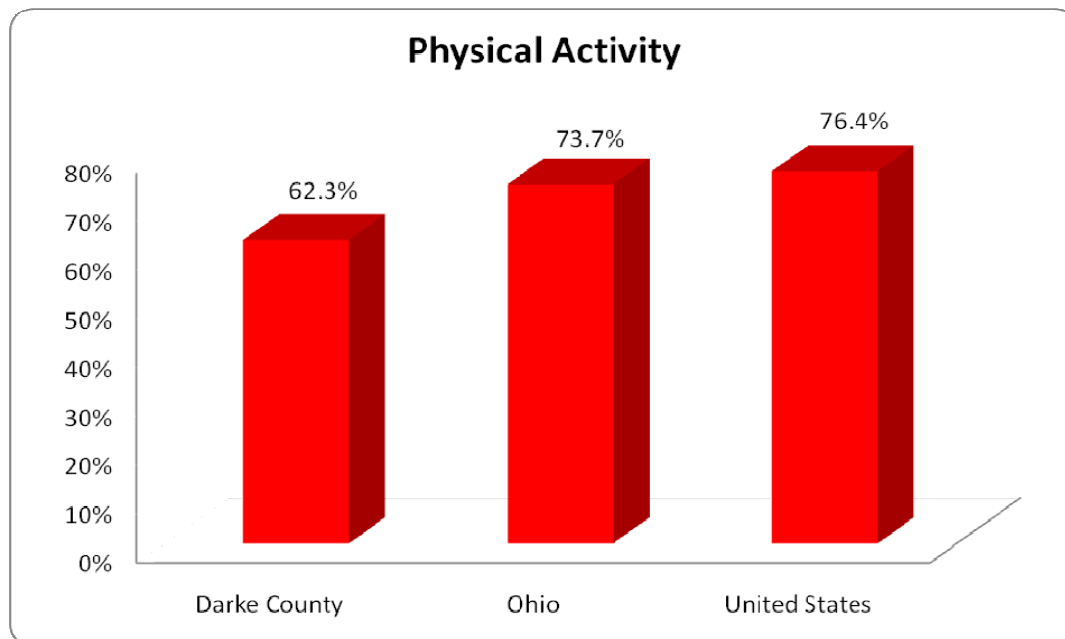
CHAPTER 4- LIFESTYLE CHOICES

While heart disease, cancer and stroke make up the three leading causes of death in the United States, the “actual causes of death” are lifestyle choices and behaviors that contribute to these diseases, things like tobacco, poor diet, physical inactivity, and excessive alcohol consumption. This chapter profiles the lifestyle choices of Darke County residents.

Physical Activity

Exercise is an essential part of a well-balanced lifestyle and increasing attention has been placed on the link between exercise and disease prevention. Less than two-thirds of Darke County adults (62.3 percent) have participated in some sort of physical activity in the past month. The percentage of Darke County adults participating in physical activity is significantly lower than the State (73.7 percent) and nation (76.4 percent). The timing of the survey during the late winter months may have impacted the percentage of county residents who have participated in physical activity.

When asked to indicate the most common form of physical activity that they participate in, the most common responses included walking, running, treadmill and elliptical machine. A complete list of open-ended responses can be found in Appendix D.



To receive the most benefit from exercise, the CDC recommends that adults exercise moderately for at least 30 minutes a day and at least five days per week. A fair amount of Darke County residents meet this requirement. More than one in five (22.0 percent) respondents exercise at least 5 days a week. While some respondents may not be meeting the CDC standard for physical activity, more than half of Darke County respondents engage in

physical activity at least three times a week for at least 30-44 minutes.

Weight Control

More than half of Darke County adults (52.1 percent) say they are trying to lose weight. Crosstabs by BMI calculations reveal that 76.2 percent of obese respondents are trying to lose weight, as are 54.1 percent of overweight respondents. However, 26.6 percent of respondents of “normal weight” are also currently trying to lose weight. More than half (55.0 percent) of females are trying to lose weight, while 49.0 percent of males are trying to do the same. Almost three-quarters (71.2 percent) of respondents who are not trying to lose weight indicated that they are trying to maintain their current weight, that is, to keep from gaining weight.

Adults are making some healthy changes to their lifestyle choices to help with weight loss or weight maintenance. Almost two-thirds of respondents (64.8 percent) are using physical activity or exercise to control their weight, while half of all respondents (50.0 percent) are eating fewer calories, 39.2 percent are eating less fat, and 40.4 percent are eating fewer carbs.

Additionally, some respondents indicated that they have received advice about their weight from a doctor. Specifically, 16.5 percent of respondents have been told by a doctor to lose weight.

Respondents were also asked to indicate their height and weight so that researchers could calculate BMI (Body Mass Index). Two-thirds of Darke County respondents (66.3 percent) are classified as overweight (33.5 percent) or obese (32.8 percent) based upon their body mass index. The percentage of Darke County residents who are overweight or obese is similar to the State (66.6 percent) and slightly greater than the Nation (63.1 percent).

Sexual Activity and Awareness

Darke County residents were also asked a series of questions pertaining to sexual activity. The first question asked respondents how many people they have had sexual intercourse with in the past 12 months. Almost two-thirds of respondents (63.9 percent) have had sex with one person in the past year, while 31.4 percent of individuals indicated they have not had sex in the past 12 months. The remaining 4.8 percent of respondents indicated that they have had sexual intercourse with more than one person, with responses ranging from two to six.

Respondents who have had sexual intercourse within the past year were asked if they used a condom the last time they had intercourse. Eleven percent of respondents (10.9 percent) indicated that a condom was worn the last time they had sexual intercourse. Looking only at respondents who have had multiple sexual partners over the past year, 71.4 percent indicated that a condom was used the last time they had sexual intercourse.

Respondents were further questioned about sexually transmitted diseases and were asked if they ever knowingly had their blood tested for HIV. Almost one-quarter of respondents (23.7 percent) indicated they knowingly had their blood tested for HIV.

Finally, respondents were read a series of statements and were asked to indicate whether any of the situations applied to them. The statements included:

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Less than one percent of respondents (0.5 percent or 3 individuals) indicated at least one of the situations apply to them.

Tobacco Use

According to the Journal of the American Medical Association, tobacco use is the leading cause of preventable death in the United States. More than one-third of adults in Darke County (36.9 percent) have smoked at least 100 cigarettes in their life (which is the CDC's definition of "ever smoked"), and 12.8 percent of all residents currently smoke. The percentage of Darke County residents that currently smoke is significantly lower than the State (20.3 percent) and nation (17.9 percent). Of those who currently smoke, 46.8 percent of respondents smoke 20 cigarettes per day (or one pack). Additionally, four percent (4.1 percent) of Darke County residents indicate they currently use chewing tobacco, snuff, or both.

More than half (50.4 percent) of respondents who still smoke, have tried to quit smoking within the past year. All respondents who indicated they quit smoking on a regular basis or quit smoking for 1 day or longer in past 12 months were asked what they did in order to aid in their ability to quit smoking. Almost two-thirds of respondents (62.8 percent) indicated they stopped cold turkey in order to quit smoking, while 9.9 percent used a nicotine patch, 6.4 percent used a prescription pill and 1.8 percent used nicotine gum.

Respondents who indicated having smoked at least 100 cigarettes in their entire life, but currently do not smoke were asked how long it has been since they last smoked on a regular basis. The majority of respondents (69.8 percent) indicated they have not smoked for over 5 years.

Respondents were also asked a series of questions pertaining to tobacco use in their homes. Respondents were provided with a series of statements and were asked to identify which statement most clearly reflects the rules for smoking inside their home. Almost three-quarters of respondents (71.2 percent) indicated that smoking is not allowed anywhere inside their home, while 17.3 percent indicated that there are no rules pertaining to smoking in their home. The remaining 11.6 percent of respondents indicated that smoking is allowed in at least some portion of their home.

Drug Use

Darke County residents were also asked several questions concerning drug use. First, respondents were provided with a list of drugs, and were asked if they have used any of the drugs in the past six months. As might be expected, responses to this question are often impacted by respondent bias, as many respondents do not want to admit to drug use. Ten respondents (1.6 percent) indicated that they have used drugs in the past 6 months (marijuana (10) and cocaine (2) were the two drugs mentioned by respondents).

Next, respondents were asked if they have used any drugs that were not prescribed to them in the past six months. Five respondents (0.9 percent) admitted to using medications that were not prescribed to them.

Prescription Drug Use

More than half of respondents (51.5 percent) indicated that they are currently taking prescription medications. When asked if they understand how often and in what dosage they are supposed to take those medications, almost all respondents (99.5 percent) indicated that they are aware of the correct dosage instructions.

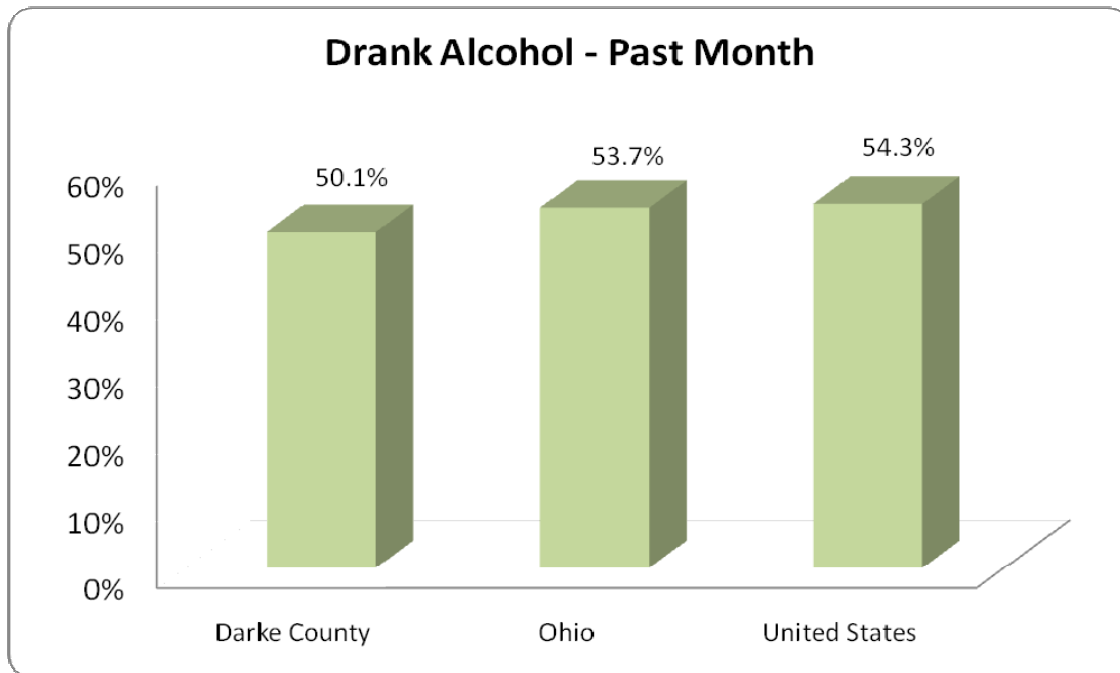
Finally, respondents who take prescription medications were asked if they take these medications exactly as prescribed, every time. Almost all respondents (95.0 percent) indicated that they do take their medications correctly.

Alcohol Consumption

While recent research has shown moderate alcohol consumption to be beneficial to health, excessive alcohol consumption has the opposite effect. The next section of the survey addressed alcohol consumption, as well as issues such as drinking and driving.

First, respondents were informed that a drink of alcohol includes one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot liquor. With this in mind, respondents were asked to indicate if they have had at least one drink of alcohol in the past month. Respondents who indicated that they have consumed one or more drinks of alcohol in the past month were then asked how many days per week or per month they drink, as well as how many drinks they have on average.

More than half (50.1 percent) of adults in Darke County indicated that they have had at least one drink of an alcoholic beverage in the past month, drinking on average 5 times per month and about 2.6 drinks each time. The percentage of Darke County adults who drank alcohol in the past month is slightly lower than the State (53.7 percent) and Nation (54.3 percent).



More than one quarter (28.7 percent) of Darke County adults who drink (and 14.0 percent of all Darke County adults) are binge drinkers, having consumed five or more drinks on any one occasion within the past month. The percentage of all Darke County adults who binge drink (14.0 percent) is slightly lower than the State (16.0 percent) and Nation (15.7 percent); however, the difference is not statistically significant.

Nine percent of respondents who drink (8.5 percent) indicated that they drove a vehicle when perhaps they had too much to drink.

Sleep

Respondents were asked to identify the main reason they did not get enough rest or sleep during the past month. Over two in five respondents (46.4 percent) indicated that they did get enough sleep in the past month. More than 16 percent of respondents (16.1 percent) indicated the main reason they did not get enough sleep was related to family related issues, while 13.8 percent said job, work, or school related issues and 8.0 percent mentioned stress.

Respondents were also asked if they need the assistance of any devices, such as CPAP or medication, in order to get to sleep. Seven percent of respondents (7.0 percent) indicated that they do need this assistance.

Cleanliness

Respondents were also asked a series of questions pertaining to hand washing and cleanliness during food preparation. As is the case with questions pertaining to drug use, seat belt use and other preventative activities, questions pertaining to hand washing are sometimes subject to

social desirability bias, in which a respondent may answer the question in a desirable manner.

First, respondents were asked to indicate how often they wash their hands with soap and water after using the restaurants. More than four in five respondents (84.1 percent) indicated that they always wash their hands. Of the remaining respondents, 10.5 percent almost always wash their hands, while 4.7 percent said sometimes, 0.4 percent said seldom and 0.3 percent said never. Slightly fewer respondents (77.9 percent) indicated that they always wash their hands with soap and water before preparing a meal or handling food. Another 13.2 percent said almost always, while 6.3 percent said sometimes, 1.5 percent said seldom and 1.2 percent said never.

Just over half of respondents (50.6 percent) indicated that they always wash their hands with soap and water before eating a meal. Another 21.8 percent said that they almost always wash their hands before eating, while 21.1 percent said sometimes, 3.9 percent said seldom and 2.5 percent said never.

Finally, respondents were asked how many times per day they wash their hands with soap and water. The most common response was ten times (19.6 percent), while the median number of times was eight.

Pregnancy

Female respondents were asked several questions concerning pregnancy. Respondents were first asked if they received formalized prenatal care during their last pregnancy. Over eighty percent of female respondents (84.2 percent) who have been pregnant at some time in their life indicated they did receive formalized prenatal care during their last pregnancy. Those who did not receive formalized prenatal care (15.8 percent) indicated the main reason to be the time period they were pregnant was before prenatal care was popular, they didn't need it, or they had never been offered any formal prenatal care.

Next, respondents were asked if they participated in any risk behaviors while they were pregnant. Nine percent of female respondents (8.6 percent) indicated they had smoked cigarettes during their last pregnancy, while fewer respondents indicated that they drank alcoholic beverages (1.7 percent), while no respondents indicated that they used any street drugs. The overwhelming majority of respondents (89.9 percent) indicated they did not participate in any of these behaviors during their last pregnancy.

CHAPTER 5- EARLY DETECTION

Diseases can be prevented to a great extent through healthy lifestyle choices like refraining from smoking, engaging in regular physical activity, making healthy food choices, and maintaining a healthy weight. However, not all diseases are preventable, making early detection through screenings and regular check-ups vital to health and longevity. The following section delves into the preventive actions Darke County residents have undertaken in order to remain healthy and cancer free.

First, all respondents were asked if a doctor has ever told them they were at risk for cancer. Fourteen percent of respondents (14.4 percent) indicated they had been told they were at risk of cancer by a doctor.

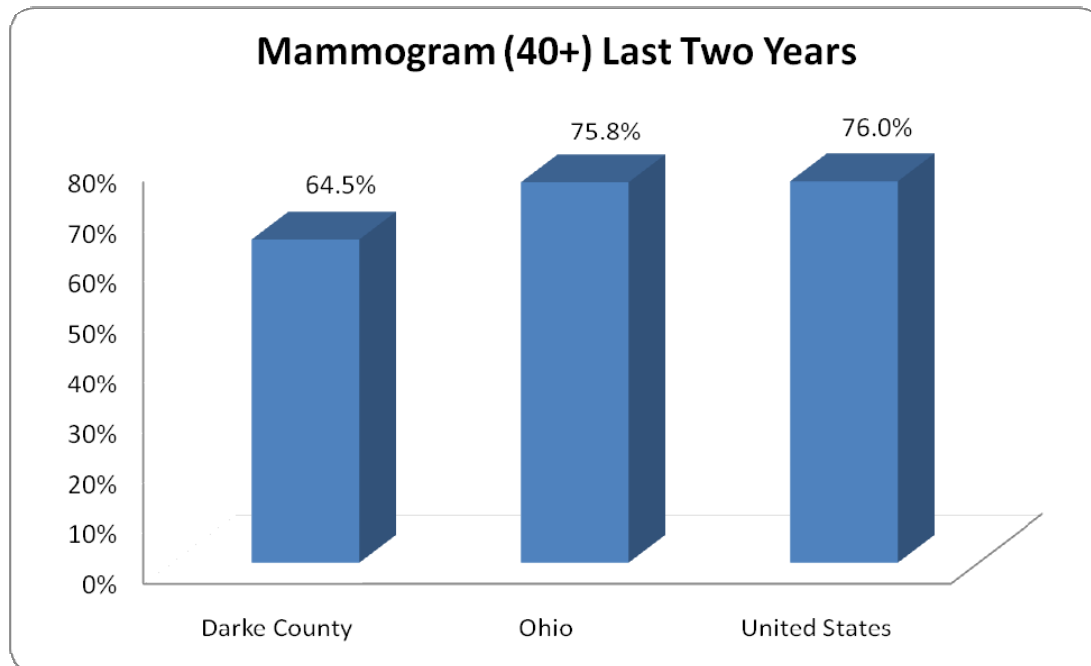
Early Detection for Breast Cancer

The biggest risk for breast cancer is simply being a woman, and many women diagnosed with breast cancer do not have any of the identified risk factors. However, there are some risk factors that may increase a woman's risk for breast cancer, including a personal history of a prior breast cancer; evidence of a specific genetic change that increases susceptibility to breast cancer (BRCA1/BRCA2 mutations); a mother, sister, daughter, or two or more close relatives, such as cousins, with a history of breast cancer (especially if diagnosed at a young age); a diagnosis of a breast condition (i.e., atypical hyperplasia) that may predispose a woman to breast cancer; or a history of two or more breast biopsies for benign breast disease.

The American Cancer Society (ACS) recommends that women 20 to 39 years old receive a clinical breast examination at least once every three years, and women 40 years or older receive a clinical breast examination every year. Looking at women of all ages, more than nine out of ten (92.4 percent) have had a clinical breast exam at some point in their life, and 58.5 percent have had one within the past year. Almost all women surveyed (97.2 percent) received this breast exam as part of a routine checkup, as opposed to due to a suspected problem.

Like breast exams, the ACS makes specific recommendations about how often and at what age women should have a mammogram screening. The ACS recommends that women 40 or older have a mammogram annually; however, women who have a family history of breast cancer should consult their doctor as to how often they should receive a mammogram. Almost two-thirds (65.5 percent) of all Darke County women surveyed have had a mammogram.

Less than two-thirds (63.9 percent) of women ages 40 and older have had a mammogram performed within the past two years. This is significantly lower than the percentage of women at the state (75.8 percent) and national (76.0 percent) levels who have had mammograms performed in the past two years. As was the case with the clinical breast exam, the majority of women in Darke County (93.3 percent) indicated their last mammogram was part of a routine check-up.



Women who have had a mammogram in the past 5 years were asked to indicate how many mammograms they have had in the past 5 years. On average, Darke County women have received 3.5 mammograms apiece over the past 5 years, which is slightly lower than the ACS recommendation. Nearly half of respondents (45.3 percent) indicated they have had 5 mammograms in the past 5 years, while another 3.0 percent of respondents have had more than 5 mammograms during this time.

Early Detection for Cervical Cancer

Cervical cancer is often times preventable and curable if it is detected early. More women aged 40 years and older are diagnosed with cervical cancer, but younger women are at risk for the precursor to cervical cancer. The most effective tool for early detection is the Papanicolaou (Pap), which can detect lesions before they become cancer. Most physicians recommend an annual Pap test. Nearly 95 percent of all female respondents (94.5 percent) have had a Pap test, and 47.5 percent have the exam within the past year. The majority of respondents (97.0 percent) who have had a Pap test indicated their last Pap test was done as part of a routine check-up.

One indicator used by the Centers for Disease Control to measure the frequency of Pap screenings is whether women have had this test within the past three years. In Darke County, 68.9 percent of women over the age of 18 report having a Pap test within the past three years. This percentage is significantly lower than the State (82.7 percent) and nation (82.9 percent).

A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, or GARDASIL®. Female respondents were asked if they ever

received the HPV vaccination. Over 96 percent (96.1 percent) indicated they have not received the vaccination.

Early Detection for Prostate Cancer

Men over age 55 are most at risk for prostate cancer, and the risk for developing prostate cancer is higher if a father or brother has had the disease. Prostate cancer is also more common in African American men than in white men. Another risk factor may be a diet high in animal fat.

There are two detection tests for prostate cancer: the digital rectal exam, and a blood test for prostate-specific antigen (PSA). In general, experts suggest men should have annual screenings for prostate cancer, beginning at age 40. A slight majority of men in Darke County are following this advice— 64.7 percent of men ages 40 or older have had a PSA test, and 50.5 percent have had one within the past two years. This is slightly lower than the state (54.6 percent) and national (54.8 percent) percentages. Similarly, fifty-nine percent (59.1 percent) of men ages 40 or older have had a digital rectal exam and 37.0 percent have had this test within the past two years.

A final question asked men if they have ever been told by a doctor, nurse or other health professional that they have prostate cancer. Four percent of respondents (3.0 percent) indicated that they have had this diagnosis.

Early Detection for Colorectal Cancer

Colorectal cancer is the fourth most common cancer in both men and women, and is most common in people over age 50. More than 90 percent of people with this disease are diagnosed after age 50. Other risk factors include having colorectal polyps; having a family history of colorectal cancer; having a personal history of colon cancer; having colitis or Crohn's disease; having a diet high in fat and low in [calcium](#), [folate](#), and [fiber](#); or being a cigarette smoker.

There are several methods used to screen for colon cancer, and early detection is the very best form of defense against the disease. One method of screening for colorectal cancer is the digital rectal exam used to screen for prostate cancer (women were not asked about digital rectal exams in this survey). Other screenings include the fecal occult blood test (FOBT), a sigmoidoscopy, and a colonoscopy.

Looking only at Darke County residents aged 50 and older, 34.8 percent have had a blood stool test. Just 16.2 percent of Darke County adults 50 and older have received this test in the past two years, which is significantly lower than the state (20.1 percent) and national percentage (21.0 percent).

Similarly, 56.4 percent of Darke County residents 50 and older have had a sigmoidoscopy or colonoscopy, which is significantly less than those who have had a sigmoidoscopy or

colonoscopy at the state (60.8 percent) and national (62.2 percent) levels. Of those who indicated having a sigmoidoscopy or colonoscopy, 71.0 percent have done so in the last 5 years.

Skin Cancer

Skin cancer is the most common form of cancer in the United States, primarily caused by exposure to the sun's ultraviolet (UV) rays or UV rays from artificial sources of light, such as tanning beds and sunlamps. When used consistently, preventative measures can be taken to reduce the risk of skin cancer including staying in the shade, wearing sunscreen or sun block, or wearing protective clothing such as hats or long sleeves. According to the CDC, both tanning and burning can increase a person's risk for skin cancer.

Respondents were asked two questions about how their skin reacts to the sun and what, if anything, they do to protect themselves from the sun. The first question asked respondents how often they protect themselves from the sun when they are outside for more than one hour. Protection from the sun is considered staying in the shade, wearing protective clothing, or wearing sunscreen. Less than one-third of respondents (32.6 percent) indicated that they protect themselves from the sun always or nearly always, while 28.3 percent indicated that they sometimes use protection, while 30.5 percent indicated they seldom or never protect themselves from the sun.

Respondents were then asked how their skin would react to being in the sun for more than one hour if they had no protection and had not been in the sun for several months. More than one-third (35.8 percent) of respondents indicated they would burn mildly without peeling, while 16.2 percent would burn severely with peeling for a few days, and 4.9 percent would burn severely with blisters. The remaining respondents indicated they would either darken without sunburn (24.6 percent) or not have anything happen (18.4 percent).

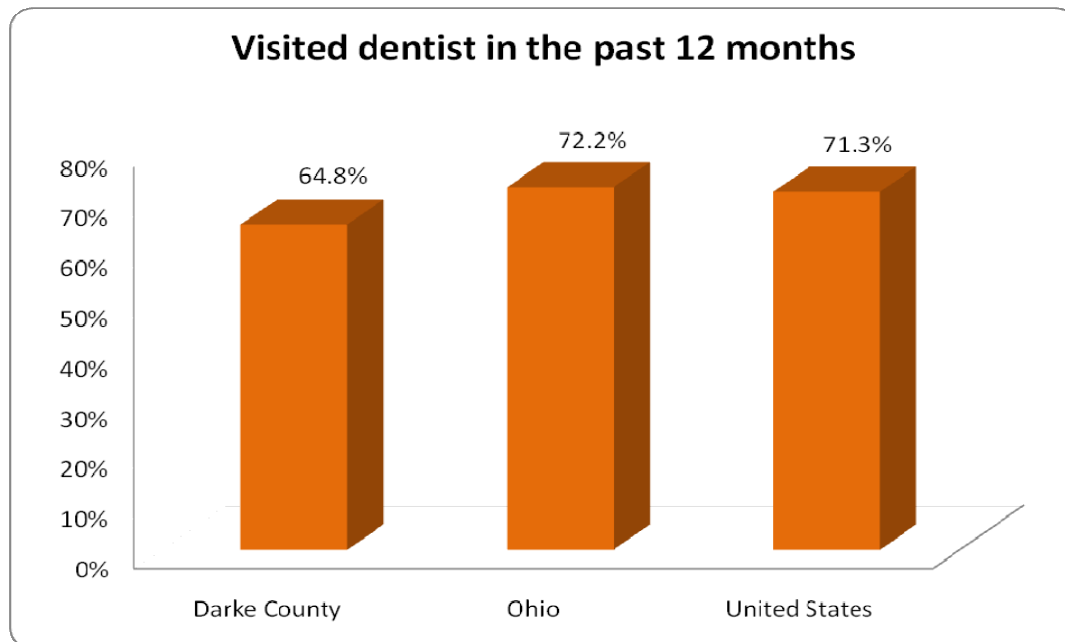
Eye Care

Respondents were also asked two questions pertaining to vision and eye health. Just over half of respondents (50.2 percent) have had their eyes examined by a doctor or eye care provider in the past year, while another 18.4 percent have had their eyes examined within the past two years. Almost thirty percent of respondents (29.4 percent) have not had their eyes examined in the past two years and two percent of respondents (2.0 percent) have never had their eyes examined. Most respondents who indicated that they have not had their eyes examined in the past year indicated that they had no reason to go (60.5 percent) or that cost / insurance was a prohibitive factor (21.8 percent).

Oral Health

Dental care is an important prevention measure for healthy teeth and gums. It is recommended that an individual visit the dentist every six months, if possible, for a preventative check and cleaning.

Less than two-thirds (64.8 percent) of adults in Darke County have visited the dentist in the past year. Another 8.9 percent of respondents have visited the dentist in the past two years. However, 10.4 percent of respondents last visited the dentist 2-5 years ago while 15.4 percent of respondents indicated that their last dental visit was 5 or more years ago and 0.4 percent of respondents have never visited the dentist. The percentage of Darke County respondents (64.8 percent) who have visited a dentist in the past year is significantly lower than the State (72.2 percent) and nation (71.3 percent).



Respondents who indicated that they have not visited the dentist in the past year were asked to indicate why they have not done so. Almost half respondents (49.7 percent) indicated they had no reason to go and 17.4 percent said cost kept them from going to the dentist. The most common open-ended response was false teeth/dentures. A complete list of all open-ended responses can be found in Appendix D.

Almost half of survey respondents (47.0 percent) indicated that at least one or more of their permanent teeth have been removed due to tooth decay or gum disease. Twelve percent of respondents (12.4 percent) have had 6 or more teeth removed, while another 9.1 percent have had all of their teeth removed due to decay.

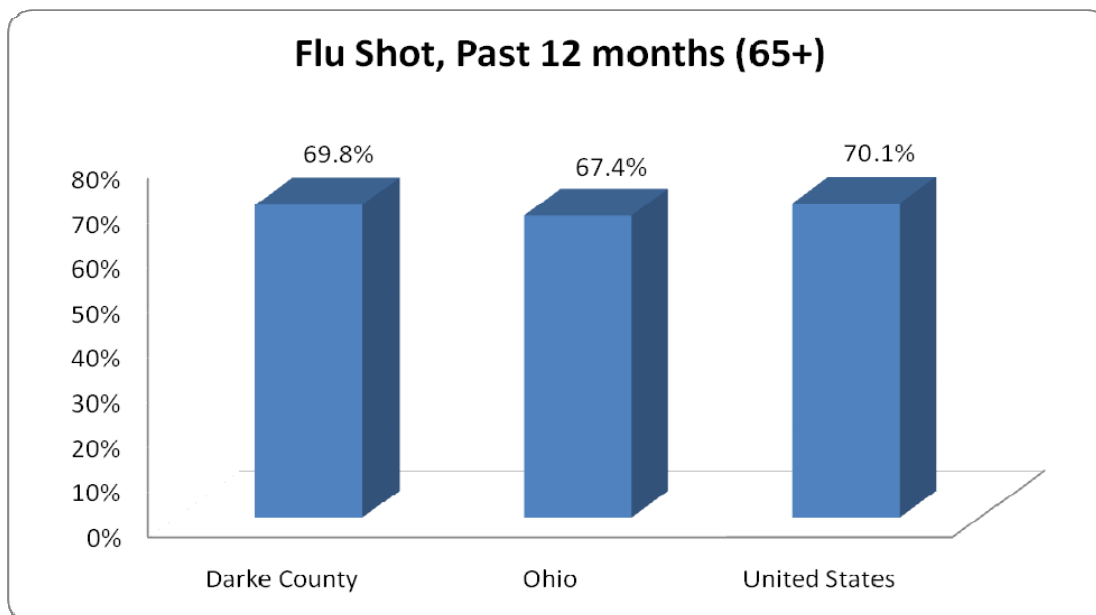
Osteoporosis

Finally, all female respondents were asked if they have ever received a DEXA Scan to test for bone density. One-third of female respondents (33.5 percent) indicated that they have received a DEXA Scan at some point in their life.

CHAPTER 6- IMMUNIZATIONS

Influenza (flu) and pneumonia immunizations are important prevention measures, particularly for older adults. Specifically, national guidelines recommend that adults over the age of 65 receive an annual influenza and a one-time pneumonia vaccination. Much publicity was given to the recent H1N1 (swine flu) outbreak, with residents being encouraged to receive an H1N1 vaccination.

Two in five adults in Darke County (43.5 percent) indicated that they received a flu shot or nasal mist in the past 12 months. Analysis by age revealed that 69.8 percent of adults aged 65 or older in Darke County have received the vaccination, which is slightly higher than the State (67.4 percent) and slightly lower than the National (70.1 percent) percentages.



Less than two-thirds of adults ages 65 and older (64.8 percent) have received the pneumonia vaccine at some time in their life. The percentage of Darke County adults who are 65 or older that have had a pneumonia vaccination is slightly lower than the State (67.3 percent) and Nation (68.5 percent).

When asked about H1N1 immunizations, just 32.2 percent of Darke County respondents indicated they have received the vaccination within the past 12 months. Almost seventy percent of all respondents (68.4 percent) indicated they have received a tetanus booster shot in the past ten years.

Finally, respondents who indicated they had not received one or more of these vaccinations were asked why they did not receive them. The majority of respondents indicated that they did not think they needed the vaccines. A complete list of responses can be found in Appendix D.

CHAPTER 7- ACCIDENT PREVENTION

Seat Belt and Helmet Use

The CDC uses two definitions to determine the percent of people at risk for seat belt nonuse, and these definitions are derived from the five responses possible in the question, “How often do you use seat belts when you drive or ride in a car? Would you say always, nearly always, sometimes, seldom, or never?” In one definition of seat belt use, the CDC adds the responses for “nearly always, sometimes, seldom or never,” which provides a percentage for those who do not “always” wear their seat belt. In another definition of seat belt nonuse, the CDC adds the responses for “sometimes, seldom, or never,” which provides a percentage for occasional nonuse.

More than four in five respondents (80.2 percent) indicate that they always wear a seatbelt when they ride or drive in a car. When looking at those respondents who report occasional use (sometimes, seldom, or never), 11.1 percent of respondents reported occasional nonuse.

Darke County adults were also asked how often they wear a helmet when riding or driving a motorcycle. Almost eighty percent (79.6 percent) of respondents indicated they do not ride or drive a motorcycle. Of those respondents who do ride or drive a motorcycle, 16.4 percent indicated that they never wear a helmet, while 59.0 percent indicated that they always wear a helmet.

Smoke Detectors

Smoke detectors in the home are important to preventing injury and premature death. Three percent of respondents (3.2 percent) do not have a smoke detector in their home. Of respondents with a smoke detector, 85.3 percent of respondents have tested their smoke detector in the past year, while 11.4 percent have not tested their smoke detector in a year or more.

Falls

The CDC states that over a third of adults over the age of 65 fall each year, making falls one of the leading causes of death for older adults in the United States. Within the last three months, more than fifteen percent (15.7 percent) of adults over the age of 65 have fallen one or more times. Fourteen percent (14.0 percent) of all falls caused significant injury, limiting regular activities for at least a day or requiring medical attention.

CHAPTER 8- CHILDREN'S HEALTH

Darke County residents were also asked a series of questions pertaining to the health of their children. Responses to questions in this chapter will relate to the more than one-third of respondents (43.6 percent) indicated that they have children under the age of 18 living in their home. Thirty-nine percent (39.2 percent) of respondents indicated having children under the age of sixteen living in their household.

Immunizations

Almost all respondents (95.9 percent) indicated that their children were up-to-date in their immunizations. The majority of respondents (52.1 percent) took their child/children to be immunized at a private doctor's office, while 39.8 percent used a public or hospital clinic for their child's immunizations and 5.7 percent visited a health fair.

The ten respondents who indicated their children were not up-to-date in their immunizations were asked why their children have not been immunized. The most common response was that the respondent did not feel that it was necessary to immunize their children. A verbatim list of responses can be found in Appendix D. One respondent stated that a child under the age of two is not up-to-date on their immunizations.

Child Safety

Parents with children under the age of sixteen were asked how often their child rides in a car seat or wears a seat belt when riding in a car. Almost all respondents (94.5 percent) indicated that their child always uses a car seat or seatbelt, while 3.6 percent indicated that their child nearly always wears a seatbelt. Of the remaining respondents, 1.3 percent said sometimes and 0.6 percent (or 1 respondent) said that their child seldom wears a seatbelt. However, somewhat concerning is that 10.4 percent of respondents indicated that their child or children have ridden in a car with someone who had been drinking alcohol.

Next, respondents were asked how often their child uses a helmet when riding a bicycle, skateboard, rollerblade, or four wheeler. Almost one in five respondents (19.7 percent) indicated that their child has never ridden a bicycle, skateboard or rollerblades. Of those respondents whose child has used one of these items in the past year, 34.4 percent indicated that their child never uses a helmet, while 33.3 percent indicated that their child always uses a helmet. The remaining 32.3 percent of respondents reported occasional nonuse, indicating that their child nearly always (9.1 percent), sometimes (11.9 percent), or seldom (8.1 percent) uses a helmet.

Doctor and Dental Visits

Nearly all respondents (99.6 percent) indicated their child has a primary care physician; while only 0.4 percent of respondents indicated that their child does not have a primary care

physician. Of those who respondents who indicated their child has a primary care physician, 31.1 percent see a pediatrician while the remaining 64.9 percent visit a family practitioner.

More than eighty-eight percent of respondents (85.8 percent) indicated that they have taken their child for a routine check-up in the past 12 months. Seven percent of respondents (7.1 percent) indicated that their child had been to the doctor within the last 1 to 2 years for a routine checkup. Another 6.7 percent of respondents indicated that their child had not been to see a doctor for a routine checkup for two years or more, while 0.3 percent of respondents indicated that their child has never had a routine check-up.

Respondents were also asked if their child used any prescription medicines. More than thirteen percent of respondents (13.3 percent) indicated that their child does use prescription medications.

Finally, respondents were asked if their child received regular dental exams every six months. Almost three-quarters of respondents (73.8 percent) indicated that their child does receive routine dental care.

Mental Health

Respondents were also asked if any of their children had been diagnosed with a mental health disorder, such as anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia. The vast majority of respondents (92.7 percent) indicated that none of their children have been diagnosed with a mental health disorder, while 7.3 percent of respondents indicated one of their children has been diagnosed with a mental health disorder of some kind. More than half of respondents (50.8 percent) who have a child who has been diagnosed with a mental health disorder are receiving treatment from a primary care physician, while 26.8 percent of respondents indicated that their child is receiving no treatment.

Respondents were finally asked if any of their children have had an eating disorder such as anorexia, bulimia, bringing, or purging. One respondent indicated that their child has been diagnosed with an eating disorder.

Finally, respondents were asked if their child has ever attempted suicide. One respondent indicated that their child has attempted suicide at some point in their life.

Lifestyle Choices

Respondents were asked several questions concerning the lifestyle choices of their children.

Respondents were first asked how many fast food meals they believe their child has each week on average. Over half of respondents (63.2 percent) indicated their child eats between 1 to 2 fast food meals a week. More than five percent (5.6 percent) indicated their child eats 3 or more fast food meals a week, while almost one-third of respondents (31.1 percent) indicated their child usually does not eat any fast food meals on average.

Respondents were also asked how many hours does their child spend watching TV or using the computer each week. Thirty-one percent of respondents (31.2 percent) stated their child watches between 1 to 7 hours of TV a week; on average 1 hour or less per day. More than five percent of respondents (5.4 percent) indicated their child watches more than 28 hours of TV a week, which is about 4 hours of TV per day. Almost two in five respondents (39.8 percent) indicated that their child uses a social networking site, such as MySpace or Facebook.

Finally, respondents were asked if they believed any of their children under the age of 18 smokes cigarettes, drinks alcohol, uses drugs, or are sexually active. The majority of respondents (95.1 percent) indicated that they did not believe their children did any of the said activities. Only 3.7 percent of parents believe their children are sexually active, while 1.9 percent believes they smoke cigarettes, 2.5 percent believes they drink alcohol, and 1.9 percent believes that their child does drugs.

CHAPTER 9- COMMUNITY ISSUES

Public health organizations are also concerned about general community issues, such as youth risk behaviors and neighborhood safety, as these issues impact social, personal and mental health. Darke County respondents were asked a series of questions pertaining to issues that are a concern to the general community.

First, respondents were asked to identify the most important health problem facing the community in their own opinion. The most frequently cited problems were cancer, drug use, obesity, and health care. A complete list of responses can be found in the Appendix D. As a follow up to this question, respondents were asked how this problem could be reduced or eliminated. Responses varied, but generally respondents stated education would help eliminate some problems, while other respondents cited better diet and exercise and enforcement of rules and regulations. A complete list of all responses can be found in the Appendix D.

Next, Darke County respondents were read and list and were asked to identify whether each issue is a problem in the neighborhood. The most commonly chosen responses were drug sales and/or use (29.2 percent), crime (24.2 percent) and domestic violence (22.6 percent). The following table details all responses:

None	53.8%
Drug sales and/or use	29.2%
Crime, excluding drug sales and/or use	24.2%
Domestic violence	22.6%
Teenage Pregnancy	22.4%
Child abuse	19.2%
Homelessness/Hunger	16.2%
Guns or firearms	11.0%

Respondents were also asked if they have had a problem finding adequate transportation, safe and adequate housing, or employment/services. Ten percent of respondents (10.6 percent) indicated they have had a problem finding any of these, with the majority citing they had a problem finding employment/services (8.6 percent), 3.2 percent have had a problem finding adequate transportation and 1.5 percent have had trouble finding safe and adequate housing.

Community Concerns

Next, respondents were provided with a list of topics, and were asked to indicate if each topic is a big problem, a moderate problem, or no problem at all in Darke County.

When considering the nine topics, respondents were most likely to indicate that animal control (36.1 percent) and buildings with lead paint (31.4 percent) are a big problem or a moderate problem. Respondents were least likely to indicate that trash / solid waste management (11.3 percent) or safe and sanitary swimming facilities (11.7 percent) are a big problem or a moderate

problem. The table below profiles responses to all questions that were posed to survey respondents.

<u>Community Issue</u>	<u>Big Problem</u>	<u>Moderate Problem</u>	<u>No Problem</u>
Animal Control	6.2%	29.9%	63.9%
Safe Drinking Water	3.9%	13.9%	82.2%
Clean and Sanitary Restaurants	2.1%	18.5%	79.3%
Buildings with Lead Paint	2.8%	28.6%	68.6%
Radon Gas in Residential Buildings	2.9%	16.4%	80.7%
Adequate / Accessible Recycling Facilities	6.8%	18.3%	74.9%
Treatment of Sewer / Septic Waste	1.6%	11.8%	86.6%
Safe / Sanitary Swimming Facilities	2.3%	9.4%	88.3%
Trash / Solid Waste Management	2.6%	8.7%	88.7%

Finally, respondents were asked to state their level of agreement with the statement “I support legislation that eliminated smoking in public places”. Almost three-quarters of respondents (74.7 percent) indicated that they strongly agree (39.0 percent) or agree (35.7 percent) with this statement.

Respondents who have never smoked (86.6 percent) were significantly more likely than those who have smoked at least 100 cigarettes in their lifetime (53.6 percent) to indicate that they strongly agree or agree with this statement. Similarly, within those respondents who have smoked at some point in their life, those who no longer smoke (65.0 percent) were significantly more likely than those who currently smoke (31.4 percent) to indicate that they strongly agree or agree with this statement.