

ERIE COUNTY, OHIO

2019

COMMUNITY  
HEALTH  
ASSESSMENT





# Foreword

The 2019 Erie County, Ohio, Community Health Assessment contains data that reflects our collective progress and our obstacles as a community in areas associated with daily life.

The 2019 information is comparable with Ohio and national data so we can rate our measured success with other like communities. The data collected in this assessment belongs to every individual and agency in Erie County. Since health is created by a multitude of factors beyond the scope of traditional public health activities, a collaborative approach that integrates health considerations into policymaking across sectors is needed to create sustainable change. Erie County organizations and agencies should use the data in this assessment to create and implement policy, system, and environmental changes within each organization and improve the health of all people in our community.

I want to thank all of Erie County for assisting with this community health assessment. We now have assessment data available from 2005-2019 to analyze the trends and enhance the quality of our services for the betterment of the community.

Feel free to contact the Erie County Health Department/Erie County Community Health Center for any assistance with interpretation or copies of this document. This community health assessment belongs to the people of Erie County. Let's continue to work towards a better quality of life and a healthier community!

Yours in good health,

A handwritten signature in blue ink, reading "Peter T. Schade", is written over a horizontal line.

Peter T. Schade, MPH, RS  
Health Commissioner  
Erie County Health Department  
Erie County Community Health Center

# Acknowledgements

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Erie County Board of Health  
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Erie County Health Department  
Firelands Regional Medical Center  
Mental Health and Recovery Board of Erie and Ottawa Counties  
Roots of Prevention Community Coalition

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## **Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio**

The Hospital Council of Northwest Ohio (HCNO) is a 501(c)3 non-profit regional hospital association located in Toledo, Ohio. They facilitate community health needs assessments and planning processes in 40+ counties in Ohio, Michigan, and Oregon. Since 2004, they have used a process that can be replicated in any county that allows for comparisons from county to county, within the region, the state, and the nation. HCNO works with coalitions in each county to ensure a collaborative approach to community health improvement that includes multiple key stakeholders. All HCNO project staff have their master's degree in public health, with emphasis on epidemiology and health education.

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**To see Erie County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at:**

<http://www.hcno.org/community-services/data-link/>

**The 2019 Erie County Health Assessment is available on the following websites:**

### **Hospital Council of Northwest Ohio**

<http://www.hcno.org/community-services/community-health-assessments/>

### **Erie County Health Department/Erie County Community Health Center**

[www.eriecohealthohio.com](http://www.eriecohealthohio.com)

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# Executive Summary

This executive summary provides an overview of health-related data for Erie County adults (ages 19 and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during March through May 2019. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Hospital Council of Northwest Ohio (HCNO) collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

## Public Health Accreditation Board (PHAB)

The Erie County Health Department received accreditation through the Public Health Accreditation Board (PHAB) in 2015. PHAB requires community health assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn the health of the population, identify areas for health improvement, identify contributing factors that impact health outcomes, and identify community assets and resources that can be mobilized to improve population health.

PHAB standards highly recommend that national models of methodology are utilized in compiling CHAs. The 2019 CHA was completed using the National Association of County and City Health Officials (NACCHO) Mobilizing Action through Partnerships and Planning (MAPP) process. MAPP is a community-driven planning process for improving community health. This process was facilitated by HCNO in collaboration with various local agencies representing a variety of sectors.

This assessment includes a variety of data and information from various sources, focusing on primary data at the county level. Supporting data, such as secondary data, demographics, health disparities (including age, gender, and income-base disparities), and social determinants of health, can be found throughout the report. For a more detailed approach on primary data collection methods, please see the Primary Data Collection Methods section.

## Primary Data Collection Methods

### DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Erie County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

### INSTRUMENT DEVELOPMENT

Two survey instruments were designed, and pilot tested for this study: one for adults and one for adolescents in grades 6 through 12. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive most of the adult survey items from the Behavioral Risk Factor Surveillance System (BRFSS) and many of adolescent survey items from the Youth Risk Behavior Surveillance System (YRBSS). This decision was based on being able to compare local data with state and national data.

The project coordinator from the Hospital Council of Northwest Ohio conducted a series of meetings with the planning committee from Erie County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions. Based on input from the Erie County planning committee, the project coordinator composed drafts of surveys containing 115 items for the adult survey and 82 items for the adolescent survey. Health education researchers from the University of Toledo reviewed and approved the drafts.

## **SAMPLING | Adult Survey**

The sampling frame for the adult survey consisted of adults ages 19 and older living in Erie County. There were 58,989 persons ages 19 and older living in Erie County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 382 adults was needed to ensure this level of confidence. The random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California.

## **SAMPLING | Adolescent Survey**

Youth in grades 6 through 12 in Erie County public school districts were used as the sampling frame for the adolescent survey. Using the U.S. Census Bureau data, it was determined that approximately 7,445 youth ages 12 to 18 years old live in Erie County. A sample size of 365 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

## **PROCEDURE | Adult Survey**

Prior to mailing the survey, an advance letter was mailed to 1,200 adults in Erie County. This advance letter was personalized, printed on Erie County Health Department letterhead, and signed by Peter Schade, MPH, RS, Erie County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents’ confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Three weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Erie County Health Department letterhead) describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire, and another reply envelope. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 31% (n=384; CI=± 4.98). This return rate and sample size means that the responses in the health assessment are representative of the entire county.

## **PROCEDURE | Adolescent Survey**

The survey was approved by all participating school superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 93% (n=486; CI=± 4.30).

## **DATA ANALYSIS**

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using SPSS 24.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Erie County, the adult data collected was weighted by age, gender, race, and income using 2017 Census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix IV.

## **LIMITATIONS**

As with all community health assessments, it is important to consider the findings with respect to all possible limitations. First, the Erie County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Erie County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.



Furthermore, while the survey was mailed to random households in Erie County, those responding to the survey were more likely to be older. For example, only nine respondents were under the age of 30. While weightings are applied during calculations to help account for this sort of variation, it still presents a potential limitation (to the extent that the responses from these nine individuals are substantively different from the majority of Erie County residents under the age of 30).

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data was collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.


Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

## **Secondary Data Collection Methods**

HCNO collected secondary data from multiple sites, including county-level data, wherever possible. HCNO utilized sites, such as the Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Surveillance System (YRBSS), numerous CDC sites, U.S. Census data, Healthy People 2020, etc. All data is included in the section of the report it corresponds with. All primary data collected in this report is from the 2019 Erie County Community Health Assessment (CHA). All other data will be sourced accordingly.

## 2019 Ohio State Health Assessment (SHA)

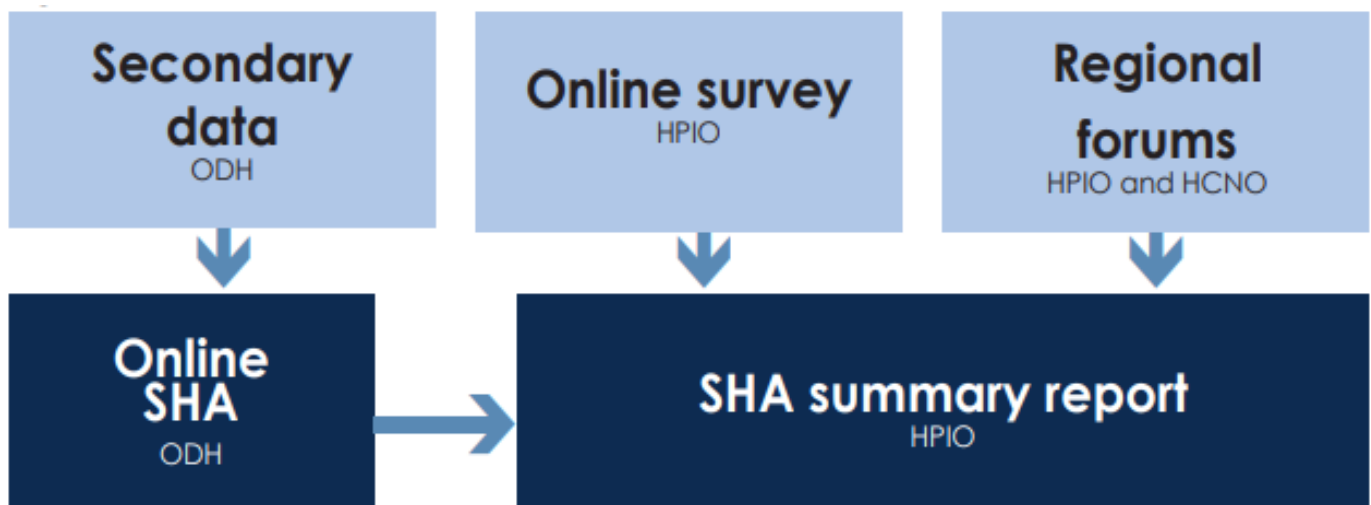
The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2019 Erie County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration between a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is our hope that this CHA will serve as a foundation for such collaboration.

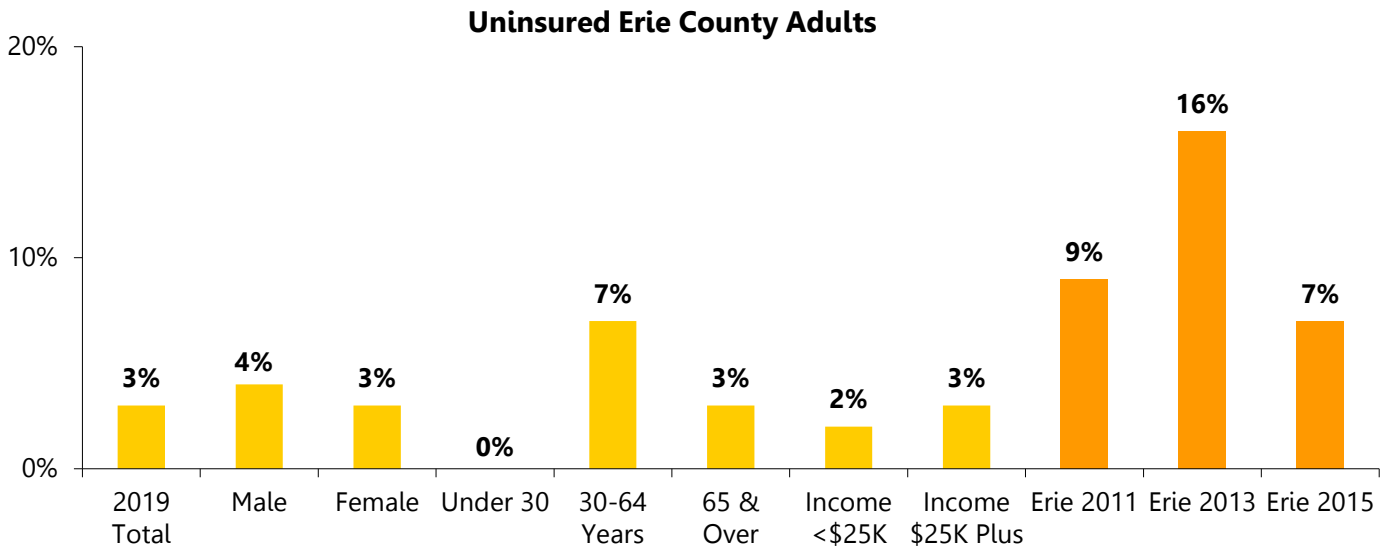
To view the 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/explore-data-and-stats/interactive-applications/2019-Online-State-Health-Assessment>

**FIGURE 1.1 | Components of the 2019 SHA**



**HEALTH CARE COVERAGE**

In 2019, 3% (approximately 1,768) of Erie County adults were without health care coverage. The main reason adults gave for being without health care coverage were because they lost their job or changed employers (58%).

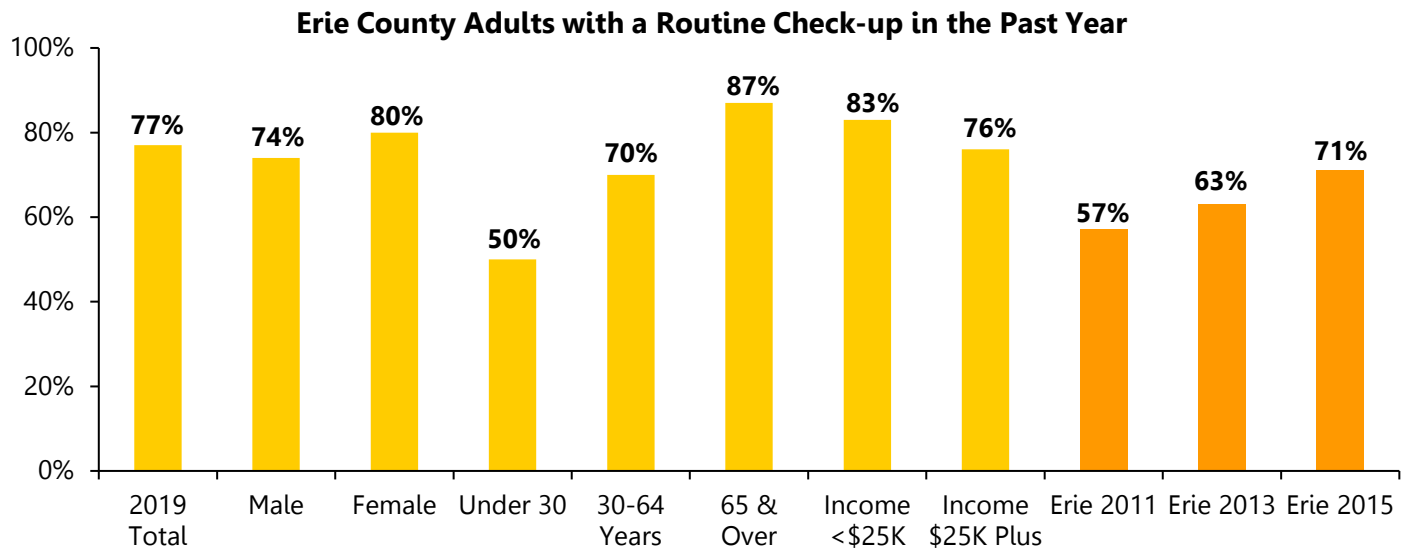


*Note: Research indicates that Medicaid Expansion is linked to gains in health care coverage. Studies show that Medicaid Expansion states experienced significant coverage gains and reductions in uninsured rates (Source: Kaiser Family Foundation, The Effects of Medicaid Expansion under the ACA: Updated Findings from a Literature Review, Published August 15, 2019)*

**1,768 of Erie County adults were uninsured.**

**ACCESS AND UTILIZATION**

Seventy-seven percent (77%) (approximately 45,383) of Erie County adults had visited a doctor for a routine checkup in the past year. Forty-six percent (46%) (approximately 27,112) of adults went outside of Erie County for health care services in the past year.

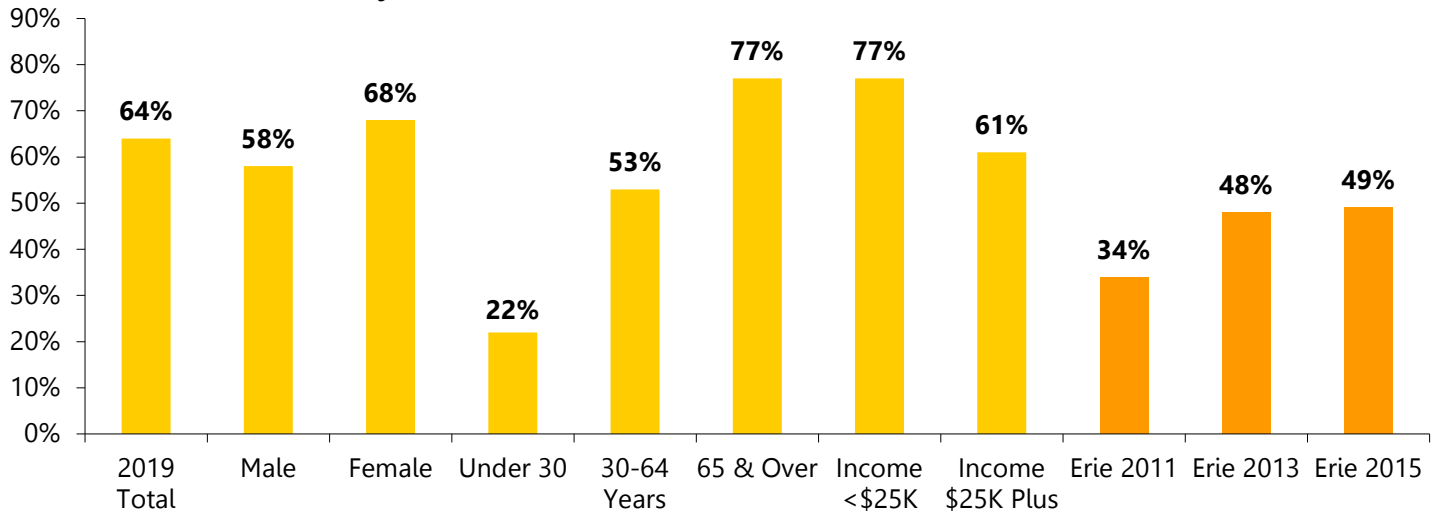


*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## PREVENTIVE MEDICINE

Sixty-four percent (64%) (approximately 37,721) of Erie County adults had a flu vaccine in the past 12 months. Eighty percent (80%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-three percent (53%) of adults ages 50 and over had a colonoscopy in the past five years.

**Erie County Adults Who Received a Flu Vaccine Within the Past Year**

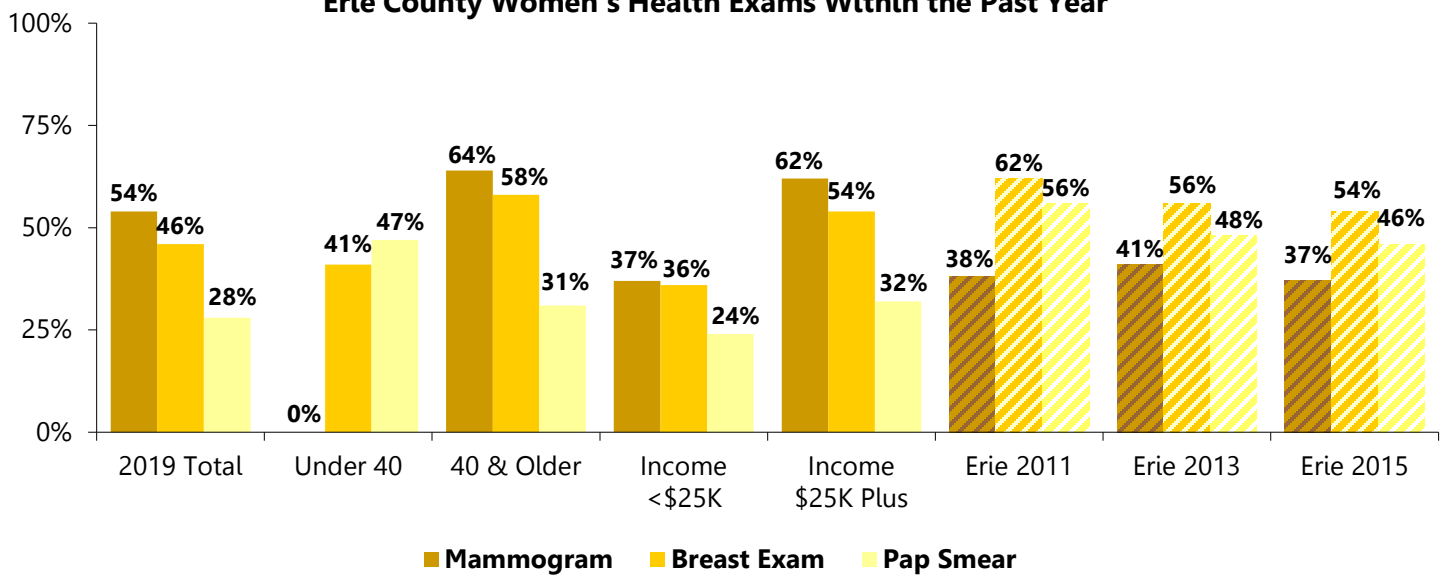


**37,721 Erie County adults had a flu vaccine in the past year.**

## WOMEN'S HEALTH

Fifty-four percent (54%) of Erie County women reported having a mammogram in the past year. Nearly half (46%) of women had a clinical breast exam in the past year, and 28% of women had a Pap smear to detect cancer of the cervix in the past year. Sixty-eight percent (68%) of Erie County women were overweight or obese, 43% had high blood pressure, 42% had high blood cholesterol, and 7% were identified as current smokers, known risk factors for cardiovascular diseases.

**Erie County Women's Health Exams Within the Past Year**

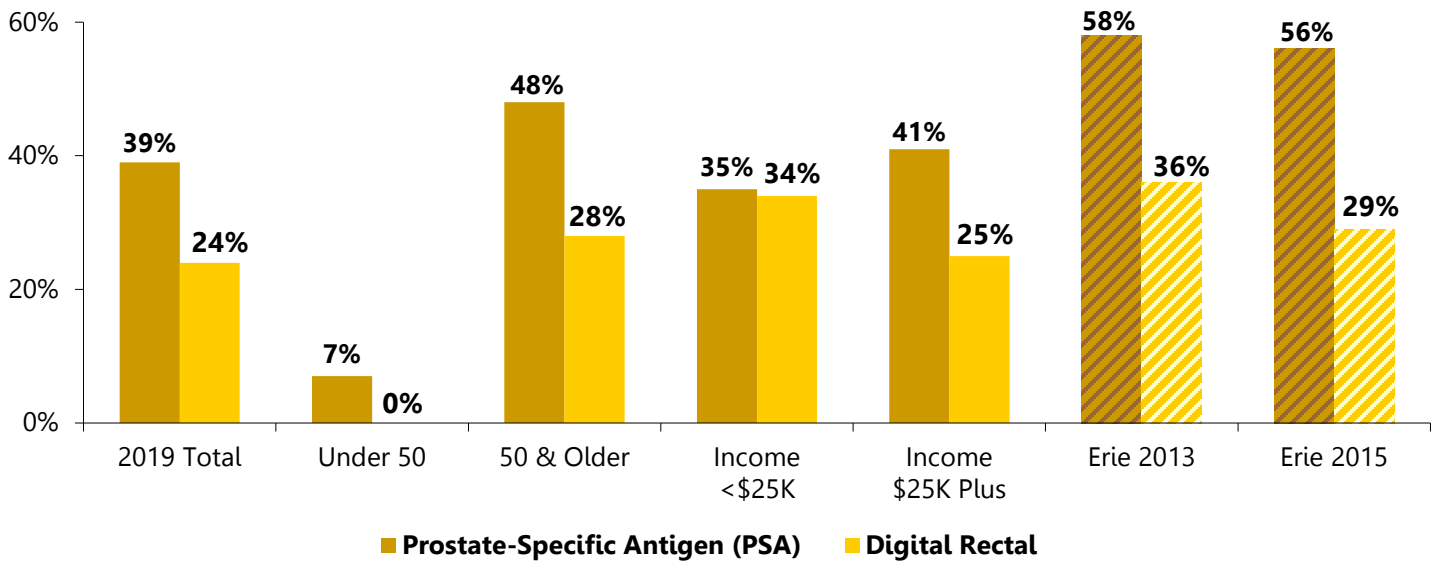


*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## MEN'S HEALTH

In 2019, 39% of Erie County males had a prostate-specific antigen (PSA) test. Twenty-four percent (24%) of males had a digital rectal exam in the past year. Over half (53%) of men had been diagnosed with high blood cholesterol, 48% had high blood pressure, and 16% were identified as current smokers, which, along with being overweight or obese (81%), are known risk factors for cardiovascular diseases.

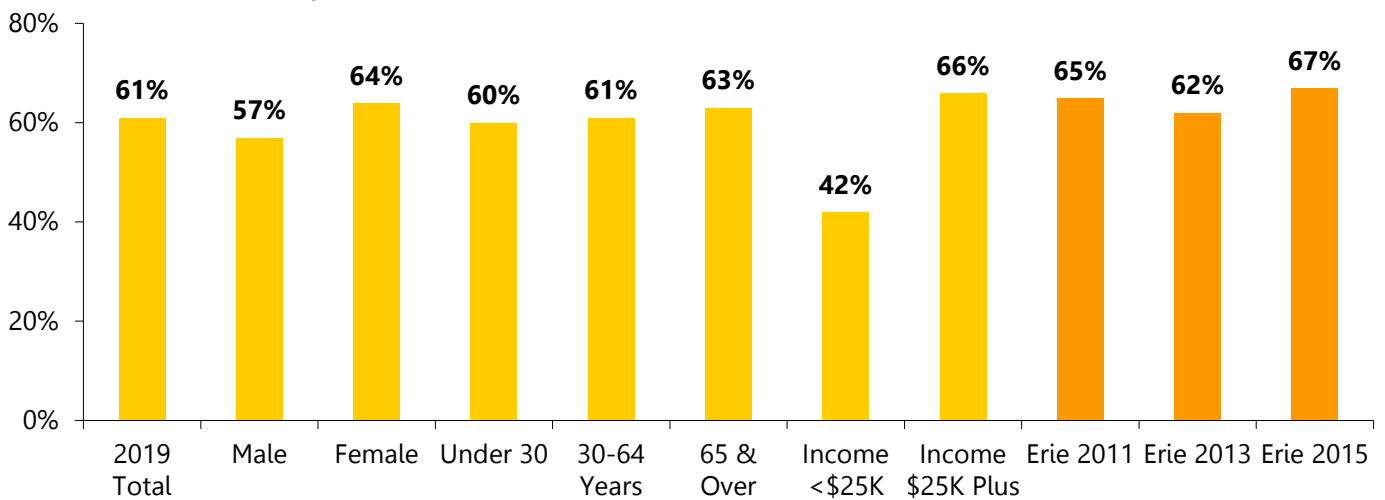
**Erie County Men's Health Exams Within the Past Year**



## ORAL HEALTH

Sixty-one percent (61%) (approximately 35,953) of Erie County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist in the past year were cost (21%); no reason to go/had not thought of it (20%); and had dentures (19%).

**Erie County Adults Who Visited a Dentist or Dental Clinic in the Past Year**



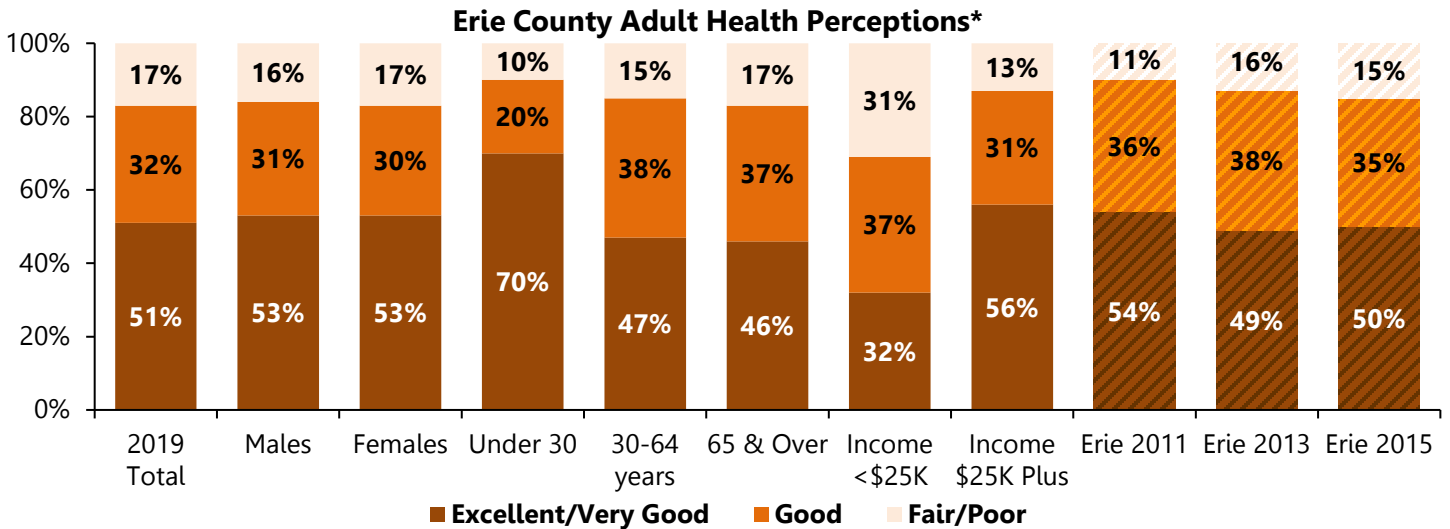
*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**35,953 Erie County adults had visited a dentist or dental clinic in the past year.**

## Data Summary | Health Behaviors

### HEALTH STATUS PERCEPTIONS

In 2019, 51% (approximately 30,059) of Erie County adults rated their health status as excellent or very good. Conversely, 17% (approximately 10,020) of adults, increasing to 31% of those with incomes less than \$25,000, described their health as fair or poor.

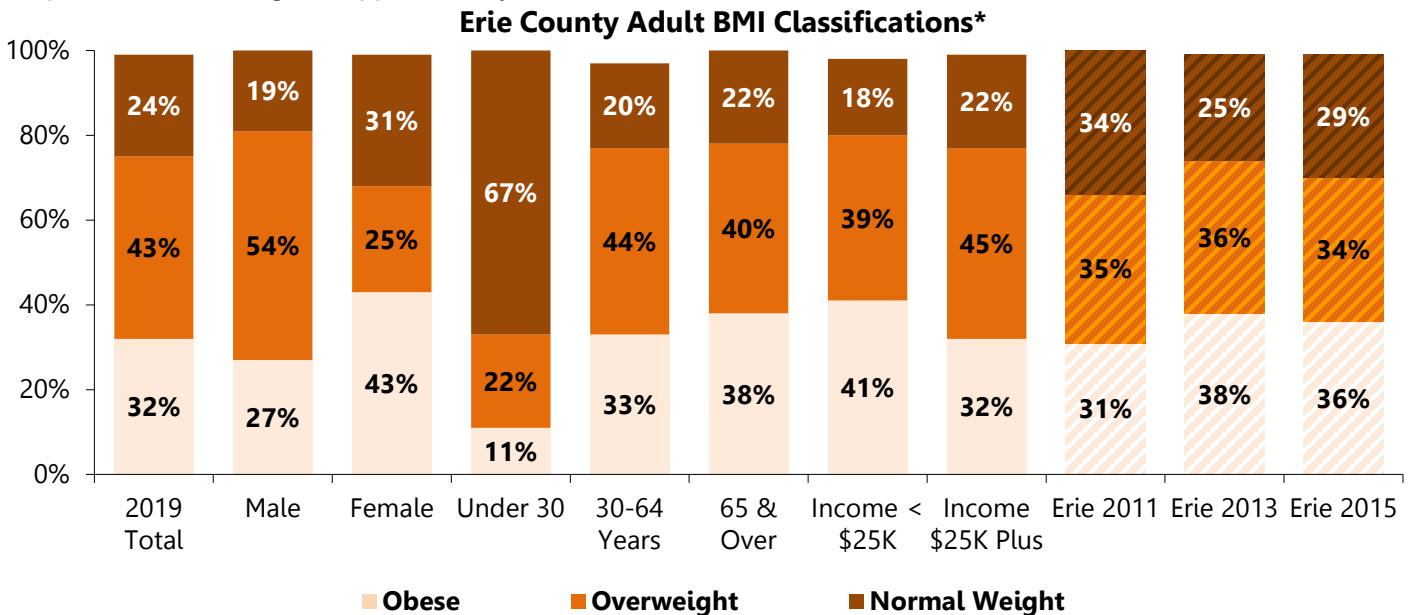


\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

**18,860 Erie County adults were obese.**

### ADULT WEIGHT STATUS

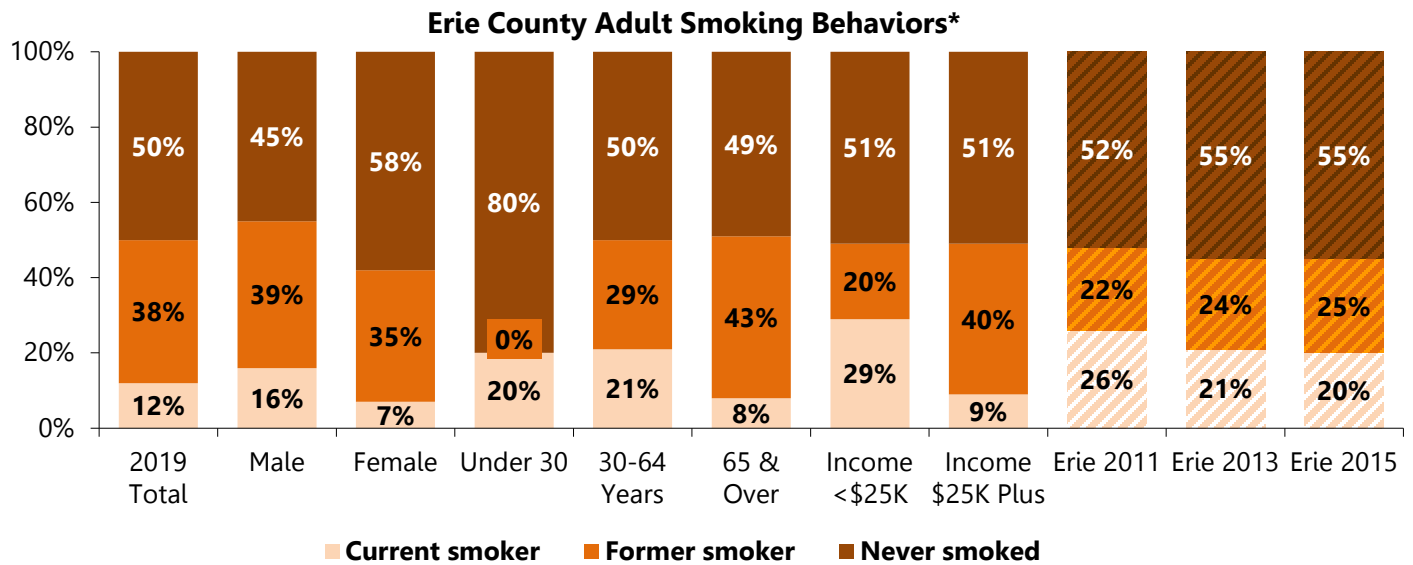
Three-fourths (75%) (approximately 44,204) of Erie County adults were overweight or obese based on body mass index (BMI). Over one-quarter (26%) (approximately 15,324) of adults did not participate in any physical activity in the past week, including 7% (approximately 4,126) who were unable to exercise.



\*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight  
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## ADULT TOBACCO USE

Twelve percent (12%) (approximately 7,073) of Erie County adults were current smokers, and 38% (approximately 22,397) were considered former smokers. Four percent (4%) (approximately 2,358) of adults used an e-cigarette or other electronic vaping product in the past year. Over two-fifths (41%) (approximately 24,165) of adults did not know if e-cigarette vapor was harmful.

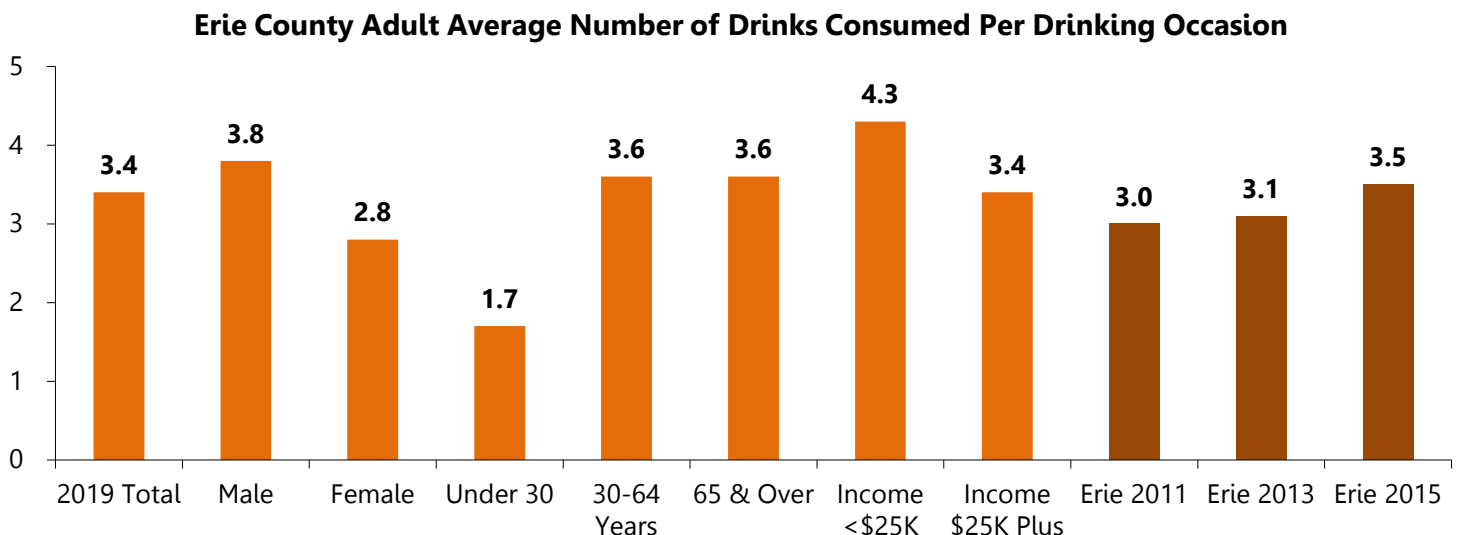


\*Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"

**2,358 adults used e-cigarettes or other electronic vaping products in the past year.**

## ADULT ALCOHOL CONSUMPTION

Sixty-three percent (63%) (approximately 37,132) of Erie County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Nearly one-quarter (24%) (approximately 14,145) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

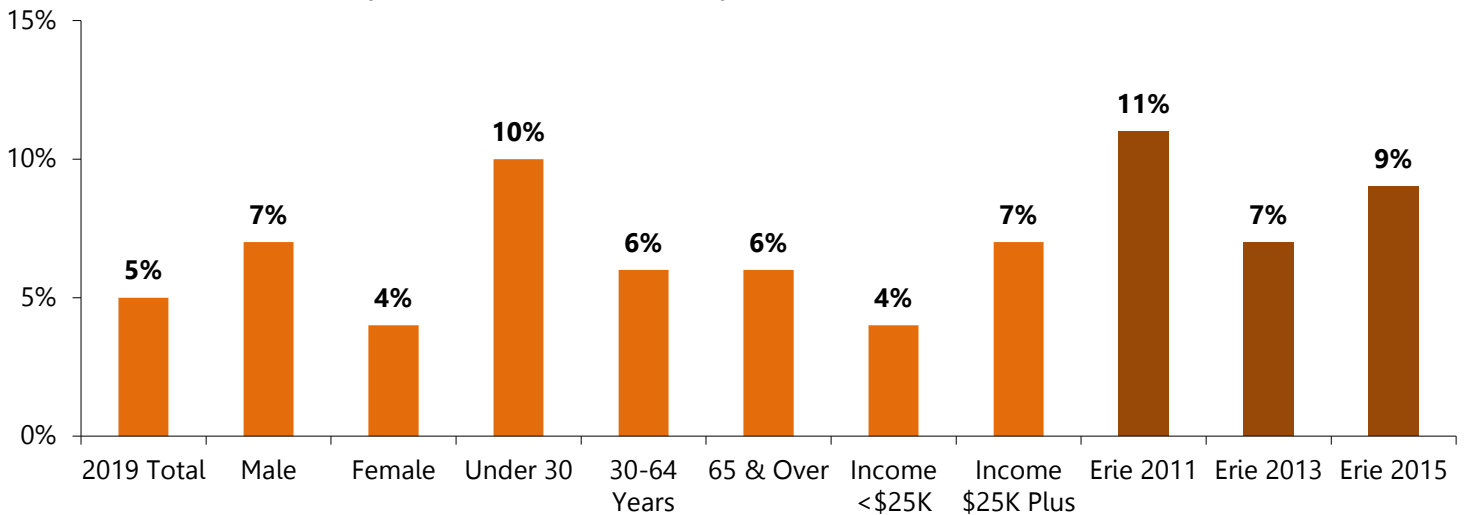


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## ADULT DRUG USE

In 2019, 5% (approximately 2,947) of Erie County adults had used recreational marijuana or hashish during the past six months. Eight percent (8%) (approximately 4,715) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past six months.

**Erie County Adult Recreational Marijuana or Hashish Use in Past 6 Months**

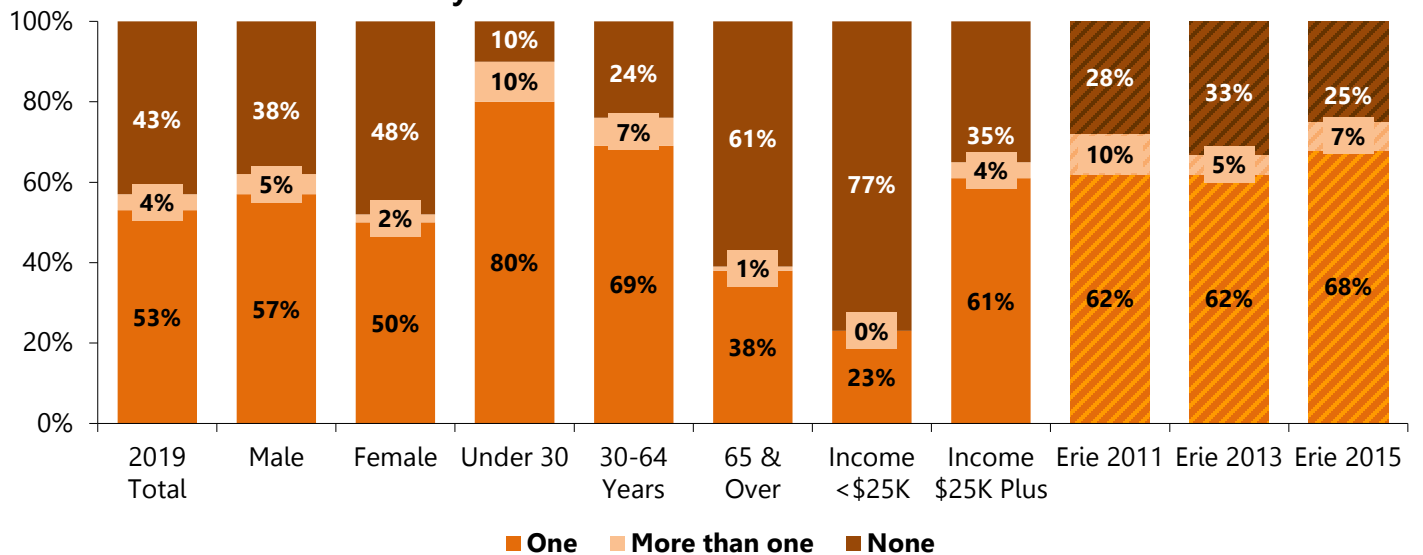


**2,947 adults had used recreational marijuana or hashish in the past 6 months.**

## ADULT SEXUAL BEHAVIOR

Fifty-seven percent (57%) (approximately 33,595) of Erie County adults had sexual intercourse in the past year. Four percent (4%) (approximately 2,358) of adults had more than one sexual partner in the past year.

**Erie County Number of Sexual Partners in the Past Year\***



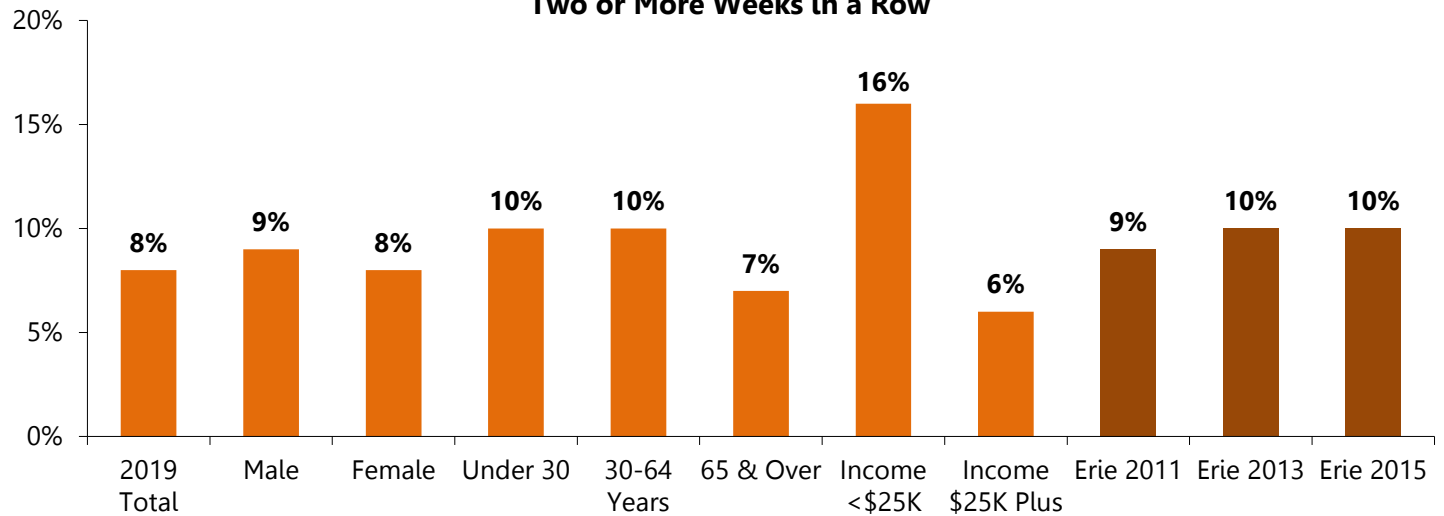
\*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"  
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



## ADULT MENTAL HEALTH

In 2019, 8% (approximately 4,715) of Erie County adults reported they or someone they know considered attempting suicide in the past year. Sixteen percent (16%) (approximately 9,430) of adults reported they or family member were diagnosed with or treated for depression in the past year. Eight percent (8%) (approximately 4,715) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems.

**Erie County Adults Who Felt So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row**



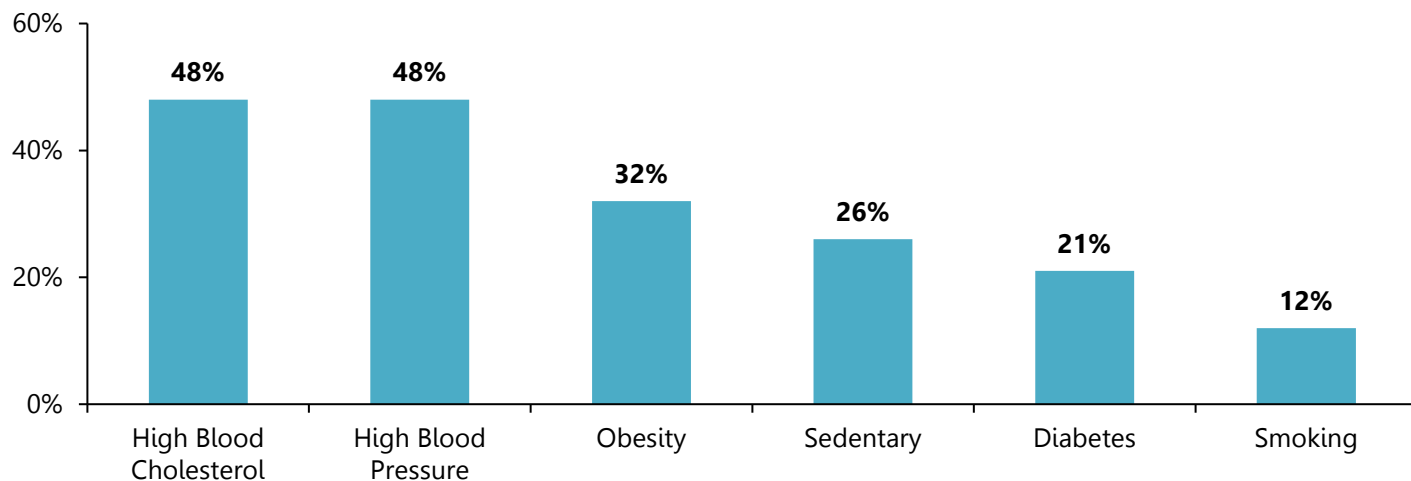
*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## Data Summary | Chronic Disease

### CARDIOVASCULAR HEALTH

In 2019, 8% (approximately 4,715) of adults had survived a heart attack and 5% (approximately 2,947) had survived a stroke at some time in their life. Forty-eight percent (48%) (approximately 28,291) of Erie County adults had high blood cholesterol, 48% (approximately 28,291) had high blood pressure, 32% (approximately 18,860) were obese, and 12% (approximately 7,073) were current smokers, four known risk factors for heart disease and stroke.

**Erie County Adults with Cardiovascular Disease (CVD) Risk Factors**

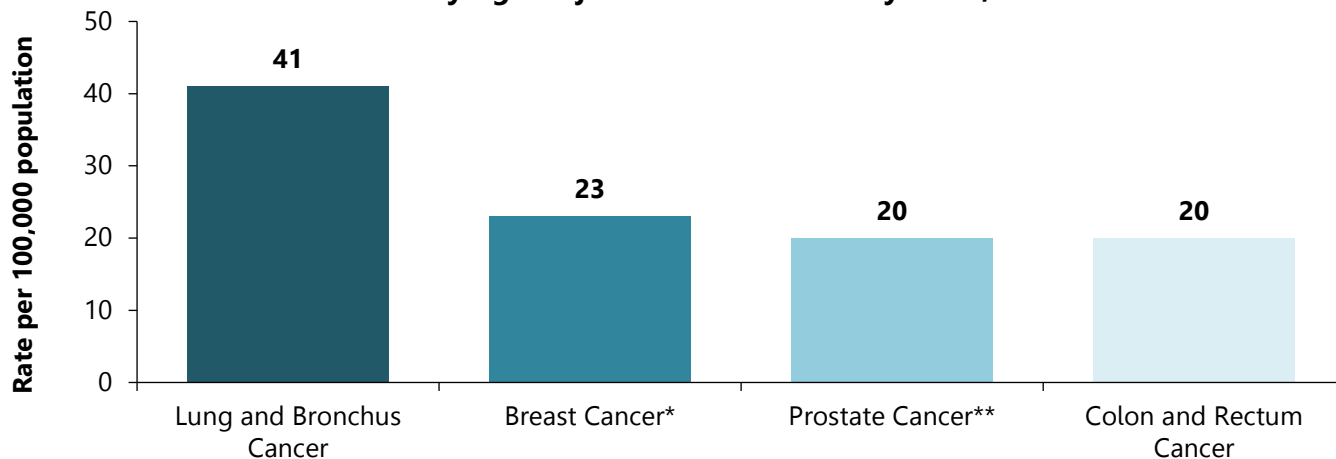


**28,291 Erie County adults had been diagnosed with high blood pressure.**

### CANCER

In 2019, 23% (approximately 13,556) of Erie County adults had been diagnosed with cancer at some time in their life.

**Erie County Age-Adjusted Cancer Mortality Rates, 2015-2017**



*\*The breast cancer age-adjusted cancer mortality rate is for females only.*

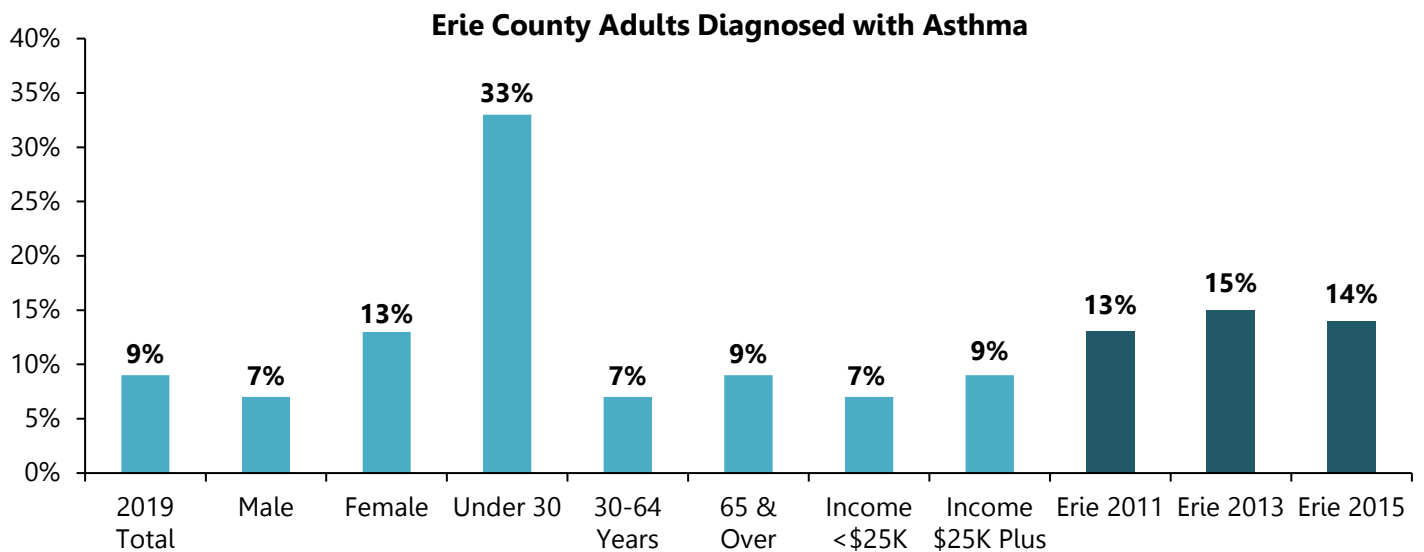
*\*\*The prostate cancer age-adjusted cancer mortality rate is for males only.*

*(Source: Ohio Public Health Data Warehouse 2015-2017)*

**13,556 Erie County adults had been diagnosed with cancer at some point in their lives.**

## ASTHMA

Nine percent (9%) (approximately 5,305) of Erie County adults had been diagnosed with asthma.

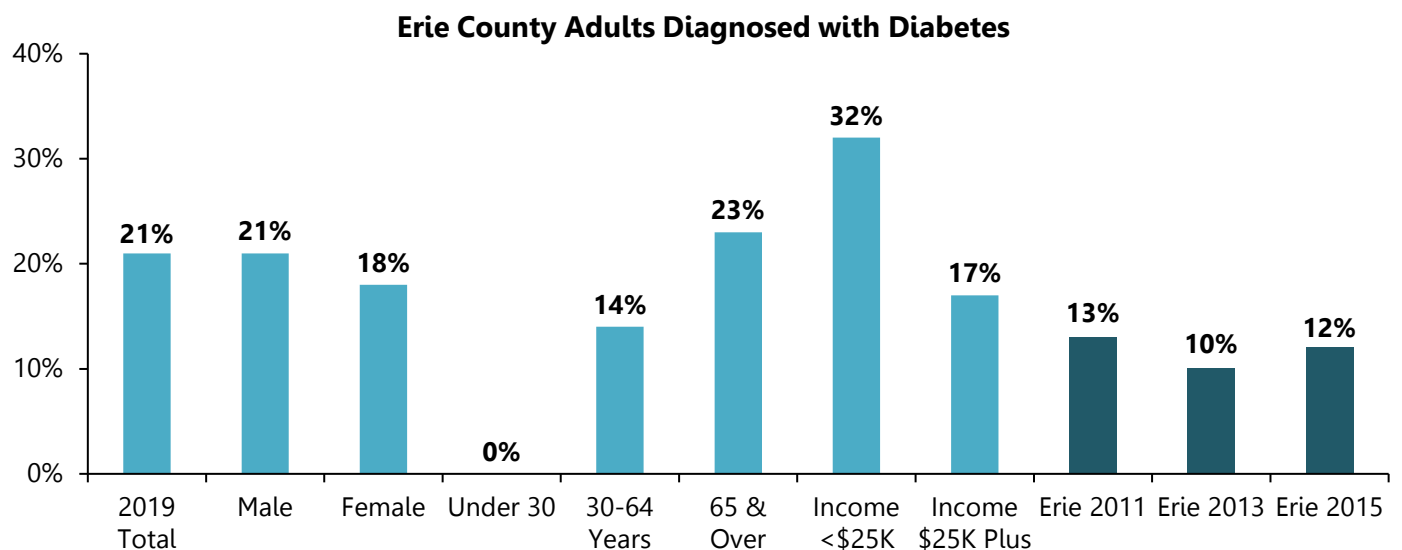


*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**5,305 Erie County adults had been diagnosed with asthma.**

## DIABETES

Over one-fifth (21%) (approximately 12,377) of Erie County adults had been diagnosed with diabetes. Nearly two-fifths (39%) of adults with diabetes rated their health as fair or poor.

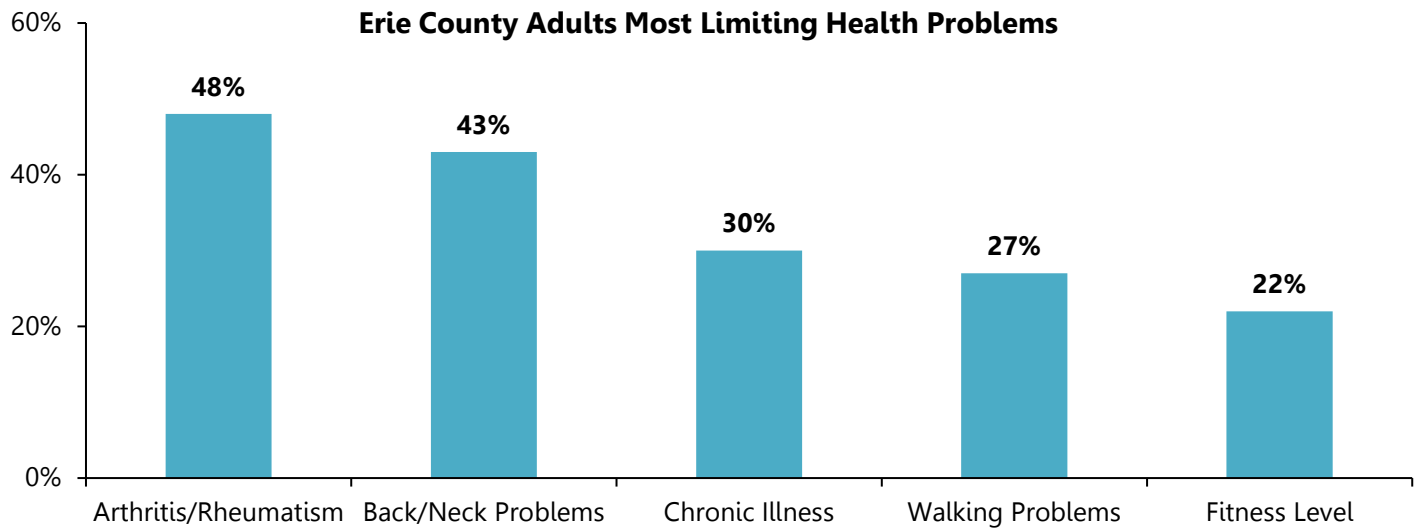


*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**12,377 adults had been diagnosed with diabetes in their lifetime.**

## QUALITY OF LIFE

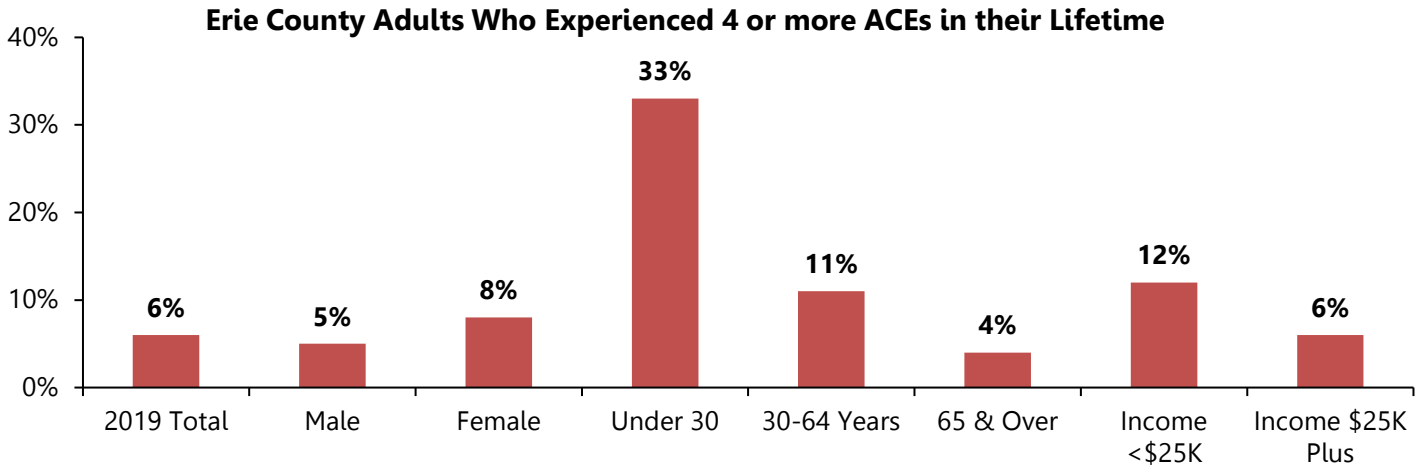
In 2019, 49% (approximately 28,880) of Erie County adults reported they were limited by any impairment or health problem. The most limiting health problems were arthritis/rheumatism (48%); back or neck problems (43%); chronic illness (30%); walking problems (27%); and fitness level (22%).



**28,880 adults were limited in some way because of a physical, mental or emotional problem.**

**ADULT SOCIAL DETERMINANTS OF HEALTH**

In 2019, 5% (approximately 2,947) of Erie County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Six percent (6%) (approximately 3,536) of Erie County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Seven percent (7%) (approximately 4,126) of adults had experienced at least one issue related to hunger/food insecurity in the past year.



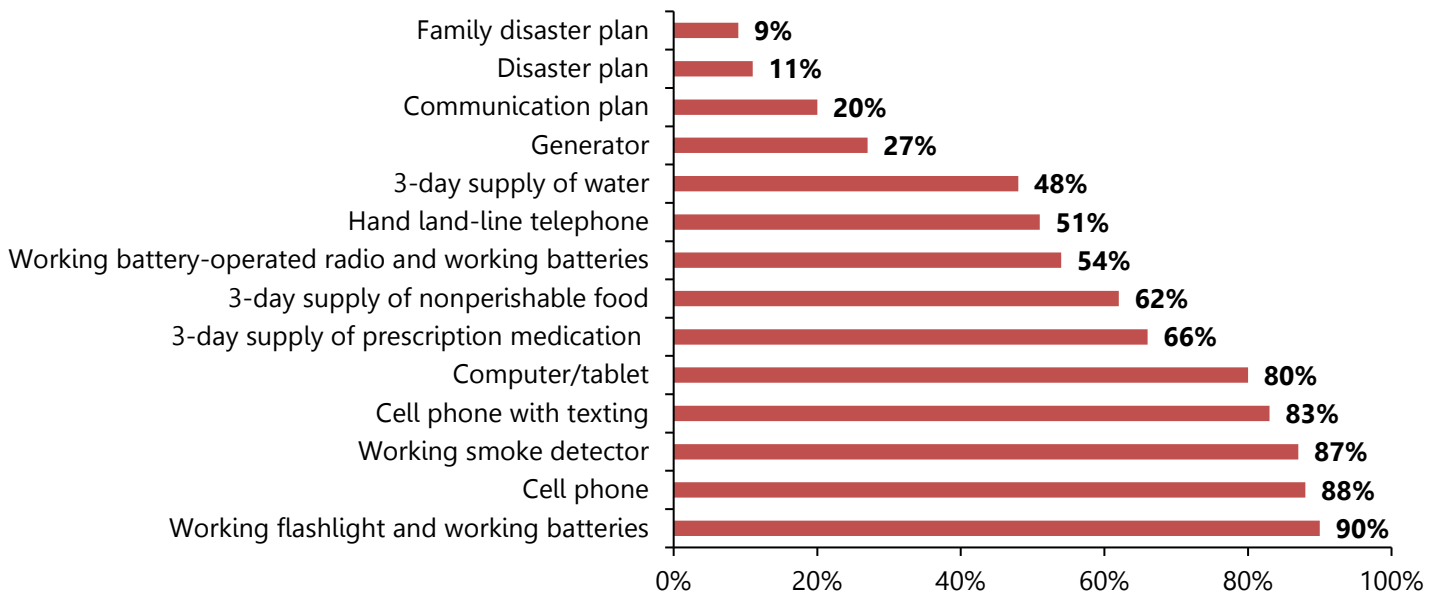
*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**3,536 Erie County adults experienced 4 or more ACEs in their lifetime.**

**ENVIRONMENTAL HEALTH**

The top three environmental health issues for Erie County adults that threatened their health in the past year were insects (18%), agricultural chemicals (8%), and mold (7%). Ninety percent (90%) (approximately 53,045) of adults had a working flashlight and working batteries in preparation for a disaster.

**Erie County Household Disaster Preparedness Supplies**



**PARENTING**

In 2019, 82% of parents believed their child had received all recommended immunization shots for their child’s age.

**Ohio Department of Health (ODH) Immunization Program – AFIX 2018-2019**

<b>Adolescent Vaccine Coverage (13 – 17 Years)</b> Number of patients: 834		<b>Pediatric Vaccination Coverage (24 – 25 Months)</b> Number of Patients: 221	
<b>Vaccine</b>	<b>Current Vaccination Coverage (%)</b>	<b>Vaccine</b>	<b>Current Vaccination Coverage (%)</b>
<b>Hep B</b>	85.3%	<b>4 DTaP</b>	66.52%
<b>2 MMR</b>	84.65%	<b>3 Polio</b>	90.5%
<b>2 VAR</b>	80.70%	<b>1 MMR</b>	84.62%
<b>1 Tdap</b>	97.48%	<b>Hib</b>	90.05%
<b>Meningococcal</b>	87.41%	<b>Hep B</b>	90.50%
<b>HPV</b>	50.12%	<b>1 VAR</b>	84.62%
<b>1 HPV</b>	83.33%	<b>PCV</b>	77.38%
<b>1 Flu</b>	11.15%	<b>RV</b>	56.11%
<b>Polio</b>	91.97%	<b>1 Flu</b>	9.5%
<b>2 Hep A</b>	65.47%	<b>2 Hep A</b>	61.09%

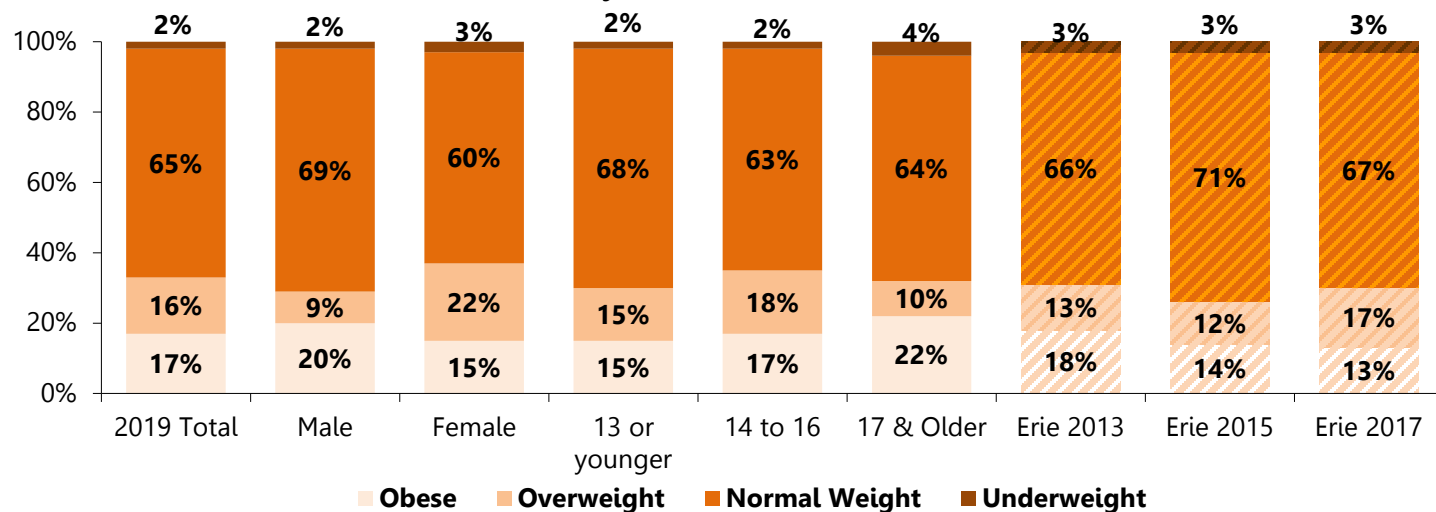
*(Source: Erie County Health Department)*

## Data Summary | Youth Health

### YOUTH WEIGHT STATUS

Nearly one-fifth (17%) (approximately 1,266) of Erie County youth were obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 29% (approximately 2,159) of Erie County youth reported that they were slightly or very overweight. Thirteen percent (13%) (approximately 968) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.

**Erie County Youth BMI Classifications**

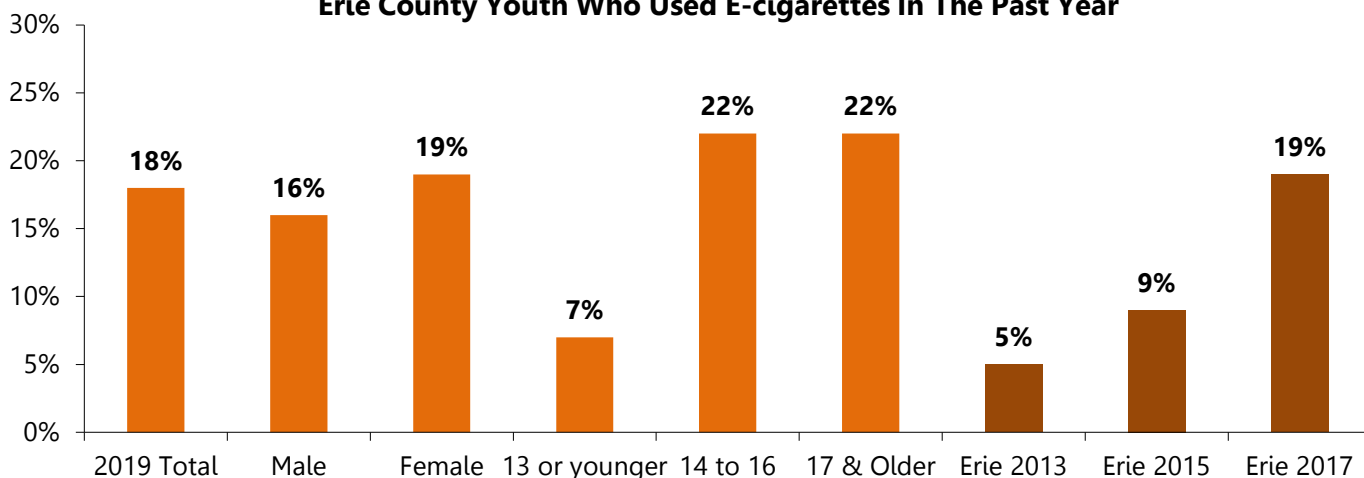


**2,457 youth were classified as overweight or obese by BMI.**

### YOUTH TOBACCO USE

Two percent (2%) (approximately 149) of Erie County youth were current smokers. Eighteen percent (18%) (approximately 1,340) of youth used e-cigarettes in the past year. Of youth who had used e-cigarettes in the past 12 months, 61% put e-liquid or e-juice with nicotine in them.

**Erie County Youth Who Used E-cigarettes In The Past Year**

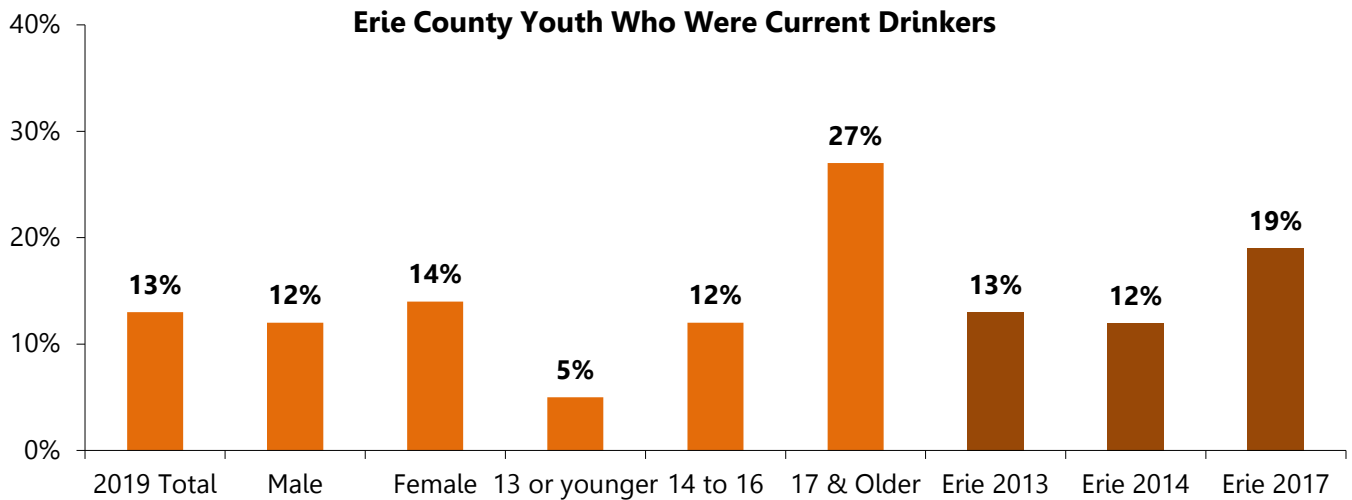


*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**1,340 Erie County youth used e-cigarettes in the past year.**

## YOUTH ALCOHOL CONSUMPTION

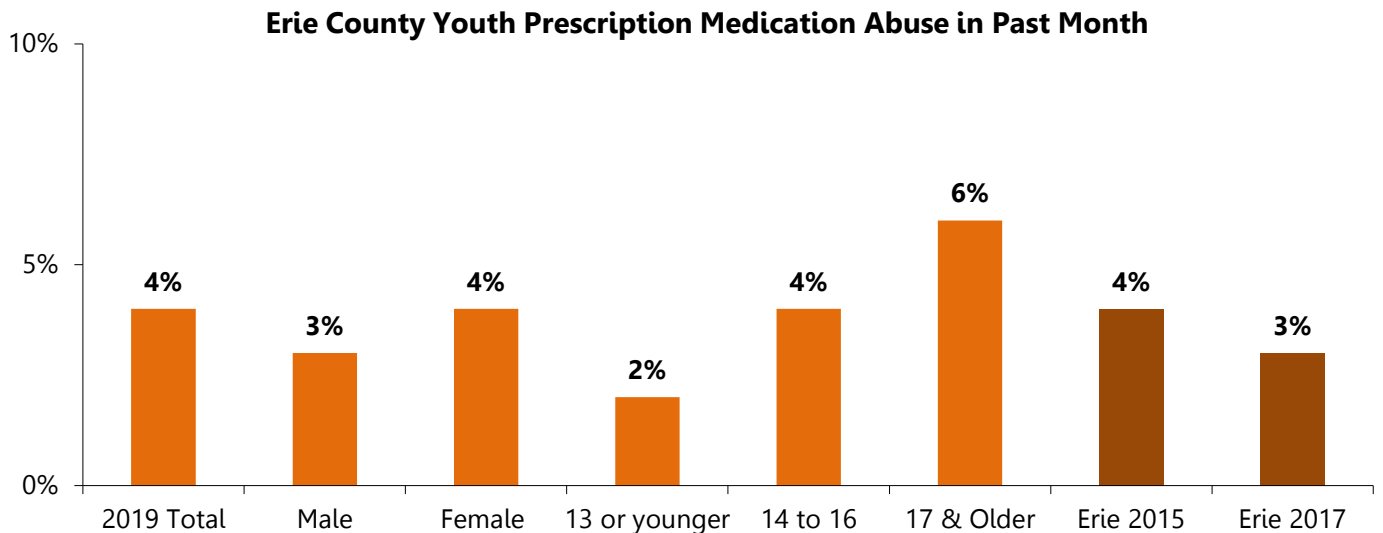
One-third (33%) (approximately 2,457) of Erie County youth had drunk at least one drink of alcohol in their life. Thirteen percent (13%) (approximately 968) of youth had at least one drink in the past 30 days, defining them as a current drinker. Of those who drank, 44% were defined as binge drinkers.



**968 Erie County youth were current drinkers.**

## YOUTH DRUG USE

In 2019, 8% (approximately 596) of Erie County youth had used marijuana at least once in the past 30 days. Four percent (4%) (approximately 298) of youth used prescription drugs not prescribed for them in the past month.



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**596 Erie County youth were current marijuana users.**



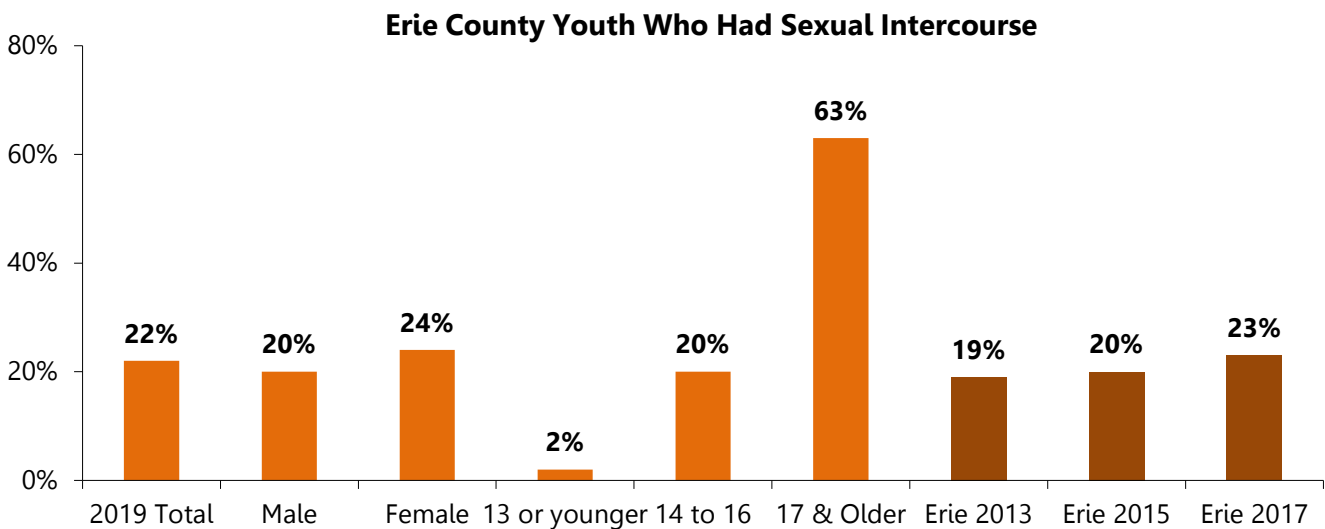
## PERCEPTIONS OF SUBSTANCE USE

In 2019, 62% (approximately 4,616) of Erie County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. Twenty-four percent (24%) (approximately 1,787) of youth thought there was no risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Seventy-one percent (71%) (approximately 5,286) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

**1,638 youth had sexual intercourse in their lifetime.**

## YOUTH SEXUAL BEHAVIOR

In 2019, 22% (approximately 1,638) of Erie County youth had sexual intercourse. Seventeen percent (17%) of sexually active youth had 4 or more sexual partners. Thirteen percent (13%) of youth engaged in intercourse without a reliable method of protection, and 14% reported they were unsure if they used a reliable method.



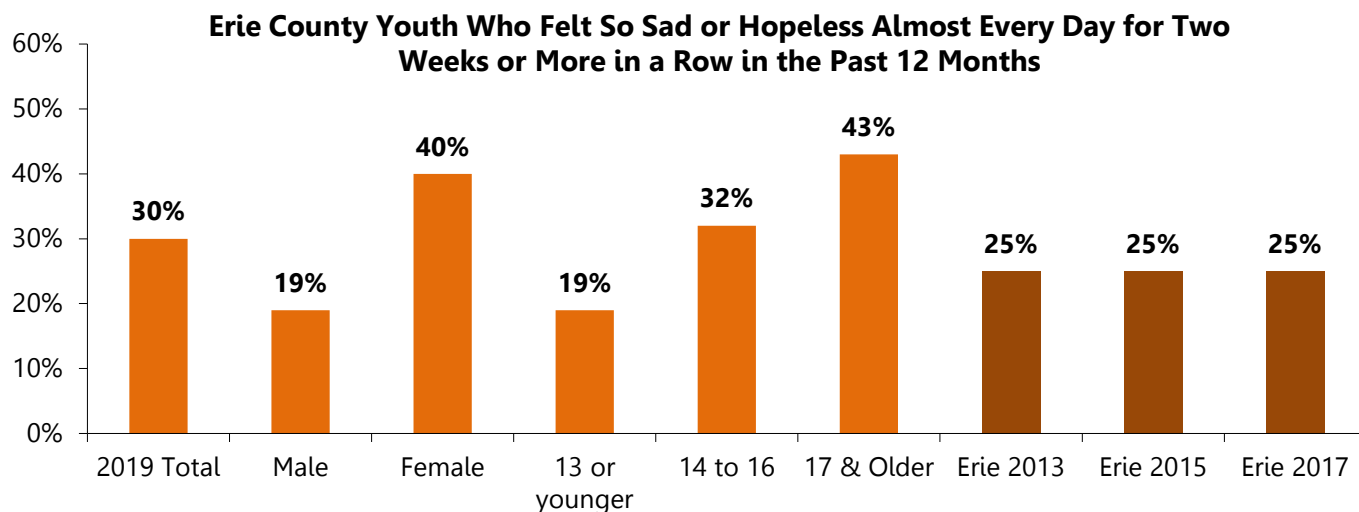
*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

## The Erie County Health Department is creating school-based health centers in multiple Erie County school districts which will provide mental health services to youth.

(Source: Erie County Health Department, 2019)

### YOUTH MENTAL HEALTH

Twelve percent (12%) (approximately 893) of youth had seriously considered attempting suicide and 5% (approximately 372) attempted suicide in the past year. The top three causes for anxiety, stress or depression for Erie County youth were academic success (42%), self-image (34%), and fighting with friends (32%).

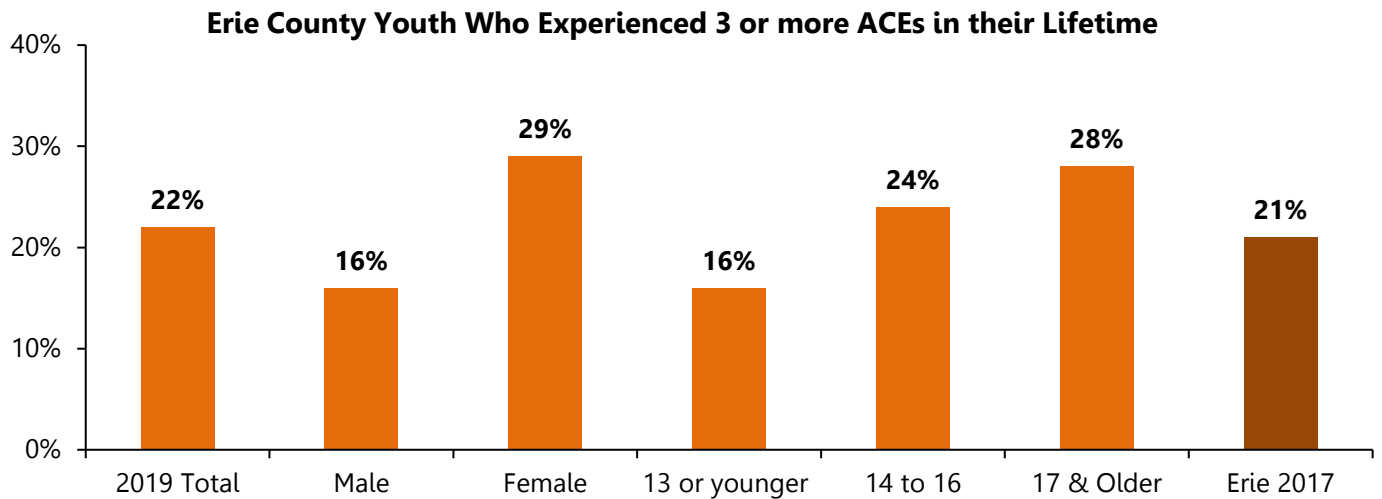


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

**2,234 youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.**

## YOUTH SOCIAL DETERMINANTS OF HEALTH

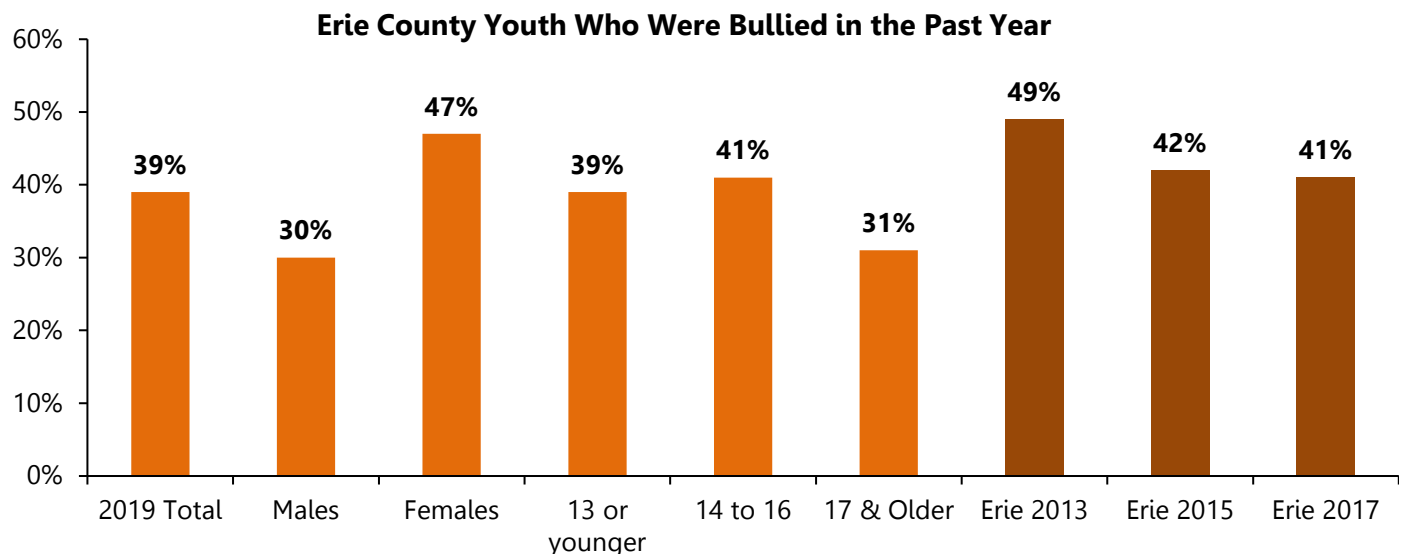
Over one-fifth (22%) (approximately 1,638) of Erie County youth had three or more adverse childhood experiences (ACEs) in their lifetime. Thirty percent (30%) of youth drivers had texted while driving in the past 30 days. Fifty-six percent (56%) (approximately 4,169) of youth who had a social media or online gaming account believed that sharing information online is dangerous.



**1,638 Erie County youth experienced 3 or more ACEs in their lifetime.**

## YOUTH VIOLENCE





Nine percent (9%) (approximately 670) of Erie County youth carried a weapon (such as a gun, knife or club) in the past month. Over one-fifth (23%) (approximately 1,712) of youth had been involved in a physical fight in the past year. Thirty-nine percent (39%) (approximately 2,904) of youth had been bullied in the past year.




*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

**2,904 Erie County youth had been bullied in the past year.**

# Adult Trend Summary

Adult Variables	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Health Care Coverage</b>						
<b>Uninsured</b>	9%	16%	7%	3%	8%	11%
<b>Access and Utilization</b>						
<b>Visited a doctor for a routine checkup in the past year</b> 	57%	63%	71%	77%	72%	70%
<b>Had at least one person they thought of as their personal doctor or healthcare provider</b> 	86%	88%	87%	90%	81%	77%
<b>Preventive Medicine</b>						
<b>Had a pneumonia vaccination (age 65 and over)</b>	46%	50%	54%	80%	76%	75%
<b>Had a flu vaccine in the past year (age 65 and over)</b>	N/A	71%	71%	77%	63%	61%
<b>Ever had a shingles or zoster vaccine</b>	N/A	8%	14%	35%	29%	29%
<b>Women's Health</b>						
<b>Had a clinical breast exam in the past two years (age 40 and over)</b>	78%	70%	68%	69%	N/A	N/A
<b>Had a mammogram in the past two years (age 40 and over)</b>	72%	72%	71%	76%	74%*	73%*
<b>Had a Pap smear in the past three years (age 21-65)</b>	76% <sup>†</sup>	69% <sup>†</sup>	66% <sup>†</sup>	69%	82%*	80%*
<b>Men's Health</b>						
<b>Had a PSA test in the past two years (age 40 and over)</b>	N/A	58%	56%	53%	39%*	40%*
<b>Had a digital rectal exam within the past year</b>	26%	26%	16%	24%	N/A	N/A
<b>Oral Health</b>						
<b>Adults who had visited a dentist or dental clinic in the past year</b>	65%	62%	67%	61%	68%*	66%*
<b>Health Status Perceptions</b>						
<b>Rated general health as excellent or very good</b>	54%	49%	50%	51%	49%	51%
<b>Rated general health as fair or poor</b> 	15%	16%	15%	17%	19%	18%
<b>Rated physical health as not good on four or more days (in the past 30 days)</b> 	18%	19%	20%	21%	23%	22%
<b>Average number of days that physical health not good (in the past 30 days)</b>	N/A	3.5	3.3	4.3	4.0 <sup>‡</sup>	3.7 <sup>‡</sup>
<b>Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)</b>	20%	21%	22%	27%	24%	23%









N/A – Not Available

 Indicates alignment with Ohio State Health Assessment (SHA)


\*2016 BRFSS

‡2016 BRFSS data as compiled by 2019 County Health Rankings

†Pap smear was reported for women ages 19 and over

Adult Variables	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Weight Status</b>						
<b>Obese</b> 	31%	38%	36%	32%	34%	31%
<b>Overweight</b>	35%	36%	34%	43%	34%	35%
<b>Tobacco Use</b>						
<b>Current smoker</b> (currently smoke some or all days) 	26%	21%	20%	12%	21%	17%
<b>Former smoker</b> (smoked 100 cigarettes in lifetime & now do not smoke)	22%	24%	25%	38%	24%	25%
<b>Tried to quit smoking</b> (on at least one day in the past year)	47%	49%	44%	26%	N/A	N/A
<b>Alcohol Consumption</b>						
<b>Current drinker</b> (drank alcohol at least once in the past month)	65%	54%	62%	63%	54%	55%
<b>Binge drinker</b> (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days) 	30%	18%	22%	24%	19%	17%
<b>Drove after having too much alcohol to drink</b>	8%	6%	7%	9%	4%*	4%*
<b>Drug Use</b>						
<b>Adults who used recreational marijuana or hashish in the past six months</b>	11%	7%	9%	5%	N/A	N/A
<b>Adults who used other recreational drugs in the past six months</b>	10%	1%	3%	1%	N/A	N/A
<b>Adults who misused prescription medication in the past six months</b>	3%	8%	10%	8%	N/A	N/A
<b>Sexual Behavior</b>						
<b>Had more than one sexual partner in past year</b>	10%	5%	7%	4%	N/A	N/A
<b>Mental Health</b>						
<b>Rated mental health as not good on four or more days</b> (in the past 30 days) 	18%	23%	19%	21%	26%	24%
<b>Average number of days that mental health not good</b> (in the past 30 days)	N/A	3.6	3.1	3.5	4.3*	3.8*
<b>Considered attempting suicide in the past year</b>	3%	2%	3%	4%	N/A	N/A
<b>Attempted suicide in the past year</b>	1%	<1%	1%	1%	N/A	N/A
<b>Felt so sad or hopeless almost every day for two weeks or more in a row</b>	9%	10%	10%	8%	N/A	N/A
<b>Ever been told they have a form of depression</b>	N/A	15%	17%	12%	23%	21%
<b>Cardiovascular Health</b>						
<b>Had angina or coronary heart disease</b> 	N/A	N/A	6%	8%	5%	4%
<b>Had a heart attack</b> 	4%	7%	6%	8%	6%	4%
<b>Had a stroke</b>	2%	4%	4%	5%	4%	3%
<b>Had high blood pressure</b> 	28%	31%	36%	48%	35%	32%
<b>Had high blood cholesterol</b>	31%	35%	39%	48%	33%	33%
<b>Asthma</b>						
<b>Had been diagnosed with asthma</b>	13%	15%	14%	9%	14%	14%
<b>Diabetes</b>						
<b>Had been diagnosed with diabetes</b> 	13%	10%	12%	21%	11%	11%
<b>Had been diagnosed with pre-diabetes or borderline diabetes</b>	5%	5%	5%	8%	2%	2%


N/A – Not Available

 Indicates alignment with Ohio SHA


‡2016 BRFSS data as compiled by 2019 County Health Rankings

\*2016 BRFSS

# Youth Trend Summary

Youth Variables	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Weight Status</b>						
<b>Obese</b> 	18%	14%	13%	17%	19%	15%
<b>Overweight</b>	13%	12%	17%	16%	16%	16%
<b>Described themselves as slightly or very overweight</b>	28%	28%	28%	29%	32%	32%
<b>Exercised to lose weight</b> (in the past 30 days)	51%	44%	43%	52%	49%	N/A
<b>Ate less food, fewer calories, or foods lower in fat to lose weight</b> (in the past 30 days)	32%	26%	24%	29%	37%	N/A
<b>Went without eating for 24 hours or more</b> (in the past 30 days)	6%	5%	2%	7%	8%	N/A
<b>Took diet pills, powders, or liquids without a doctor's advice</b> (in the past 30 days)	3%	2%	3%	1%	2%	N/A
<b>Vomited or took laxatives</b> (in the past 30 days)	1%	2%	2%	2%	5%	N/A
<b>Physically active at least 60 minutes per day on every day in past week</b>	22%	27%	26%	27%	27%	26%
<b>Physically active at least 60 minutes per day on 5 or more days in past week</b>	47%	46%	49%	51%	42%	46%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	15%	14%	13%	13%	16%	15%
<b>Watched 3 or more hours per day of television</b> (on an average school day)	27%	25%	26%	24%	29%	21%
<b>Tobacco Use</b>						
<b>Ever tried cigarette smoking</b> (even one or two puffs)	18%	18%	14%	7%	11%	29%
<b>Current smoker</b> (smoked on at least 1 day during the past 30 days)	8%	6%	7%	2%	5%	9%
<b>Smoked a whole cigarette for the first time before the age of 13</b> (of all youth)	4%	3%	2%	2%	3%	10%
<b>Alcohol Consumption</b>						
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least 1 day during their life)	37%	33%	38%	33%	54%	60%
<b>Current Drinker</b> (at least one drink of alcohol on at least 1 day during the past 30 days)	13%	12%	19%	13%	21%	30%
<b>Binge drinker</b> (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	5%	7%	10%	6%	11%	14%
<b>Drank for the first time before age 13</b> (of all youth)	11%	11%	8%	13%	14%	16%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of youth drinkers)	38%	34%	35%	32%	38%	44%
<b>Rode with a driver who had been drinking alcohol</b> (in a car or other vehicle on 1 or more occasion during the past 30 days)	17%	15%	12%	10%	9%	17%
<b>Drove when they had been drinking alcohol</b> (in a car or vehicle, 1 or more times during the 30 days before the survey, among youth who had driven a car or other vehicle)	2%	4%	8%	5%	3%	6%

N/A-Not Available

 Indicates alignment with Ohio SHA

Youth Variables	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Drug Use</b>						
<b>Used marijuana in the past month</b>	11%	8%	8%	8%	17%	20%
<b>Prescription medication abuse in the past month</b>	N/A	4%	3%	4%	5%	N/A
<b>Ever used methamphetamines</b> (in their lifetime)	2%	2%	1%	2%	2%	3%
<b>Ever used cocaine</b> (in their lifetime)	1%	3%	3%	1%	1%	5%
<b>Ever used heroin</b> (in their lifetime)	1%	1%	1%	1%	2%	2%
<b>Ever used inhalants</b> (in their lifetime)	4%	7%	5%	4%	5%	6%
<b>Ever took steroids without a doctor's prescription</b> (in their lifetime)	2%	3%	3%	1%	2%	3%
<b>Ever used ecstasy</b> (also called MDMA in their lifetime)	2%	2%	2%	1%	2%	4%
<b>Ever used hallucinogenic drugs</b> (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms in their lifetime)	N/A	N/A	N/A	1%	2%	7%
<b>Sexual Behavior</b>						
<b>Ever had sexual intercourse</b>	19%	20%	23%	22%	49%	40%
<b>Had sexual intercourse with four or more persons</b> (of all youth during their life)	19%	5%	7%	4%	9%	10%
<b>Had sexual intercourse before the age 13</b> (for the first time of all youth)	2%	4%	2%	2%	3%	3%
<b>Used a condom</b> (during last sexual intercourse)	65%	69%	61%	59%	65%	54%
<b>Used birth control pills</b> (during last sexual intercourse)	27%	35%	35%	36%	43%	21%
<b>Did not use any method to prevent pregnancy during last sexual intercourse</b>	8%	14%	8%	13%	14%	14%
<b>Mental Health</b>						
<b>Felt so sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	25%	25%	25%	30%	37%	32%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	13%	14%	15%	12%	16%	17%
<b>Attempted suicide</b> (in the past 12 months)	6%	8%	6%	5%	8%	7%
<b>Violence</b>						
<b>Carried a weapon</b> (in the past 30 days)	5%	8%	9%	9%	9%	16%
<b>Were in a physical fight</b> (in the past 12 months)	21%	21%	23%	23%	19%	24%
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past 30 days)	5%	7%	4%	10%	12%	7%
<b>Threatened or injured with a weapon on school property</b> (in the past 12 months)	7%	7%	7%	5%	6%	6%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	3%	4%	5%	4%	5%	8%
<b>Electronically bullied</b> (in the past year)	13%	13%	11%	9%	11%	15%
<b>Bullied</b> (in the past year)	49%	42%	41%	39%	40%	N/A
<b>Were bullied on school property</b> (during the past 12 months)	35%	30%	27%	31%	28%	19%

N/A-Not Available

# Health Care Access: Health Care Coverage

## Key Findings

In 2019, 3% (approximately 1,768) of Erie County adults were without health care coverage. The main reason adults gave for being without health care coverage were because they lost their job or changed employers (58%).

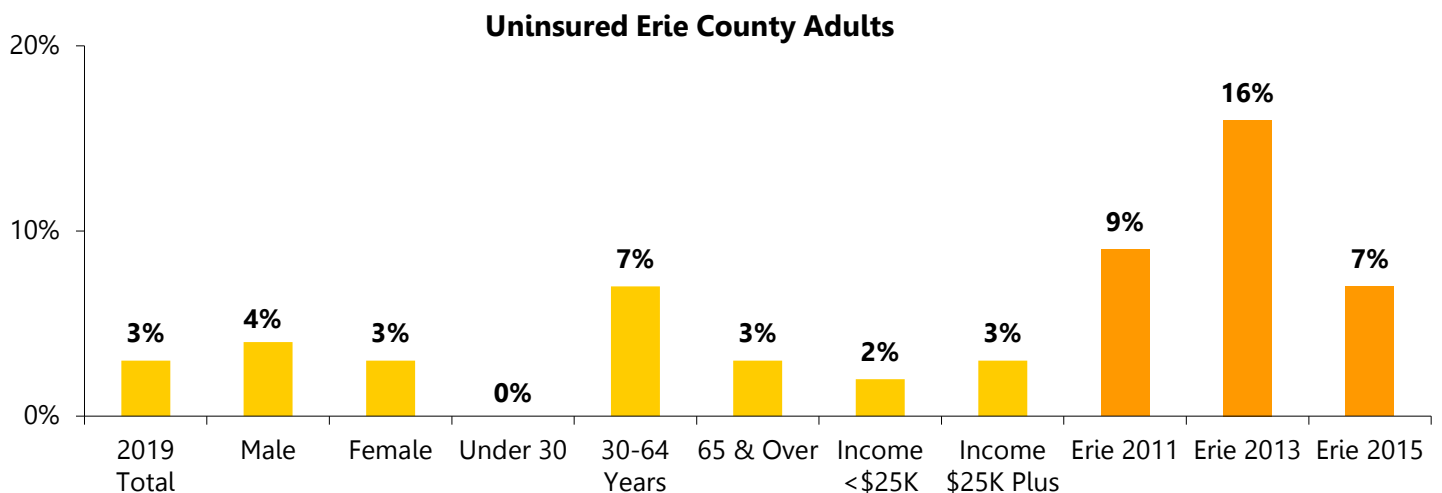
**1,768 of Erie County adults were uninsured.**

## Health Care Coverage

- In 2019, 97% Erie County adults had health care coverage, leaving 3% (approximately 1,768) who were uninsured.
- Seven percent (7%) of adults with children did not have health care coverage, compared to 2% of those who did not have children living in their household.
- The following types of health care coverage were used: Medicare (40%); employer (32%); someone else's employer (10%); self-paid plan (4%); Medicaid or medical assistance (4%); military, CHAMPUS, TriCare, CHAMPVA, or the VA (2%); Health Insurance Marketplace (1%); and Indian Health Service (IHS) (1%).
- Erie County adult health care coverage included the following: medical (97%), prescription coverage (89%), preventive health (82%), outpatient therapy (79%), immunizations (78%), mental health (66%), dental (57%), vision/eyeglasses (55%), durable medical equipment (50%), alcohol and drug treatment (47%), skilled nursing/assisted living (38%), hospice (38%), home care (36%), air ambulance (20%), and transportation (15%).
- The top 3 reasons uninsured adults gave for being without health care coverage were:
  - They lost their job or changed employers (58%)
  - Cost (high co-pays, premiums, deductibles, and high deductible with Health Savings Account [HSA]) (45%)
  - Became ineligible (16%)

*Note: Percentages do not equal 100% because respondents could select more than one reason*

The following graph shows the percentage of Erie County adults who were uninsured. An example of how to interpret the information in the graph includes: 3% of all adults were uninsured, including 7% of those ages 30-64 years old.



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*



Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Uninsured</b>	9%	16%	7%	3%	8%	11%

### The Effects of Medicaid Expansion under the Affordable Care Act (ACA): Updated Findings from a Literature Review

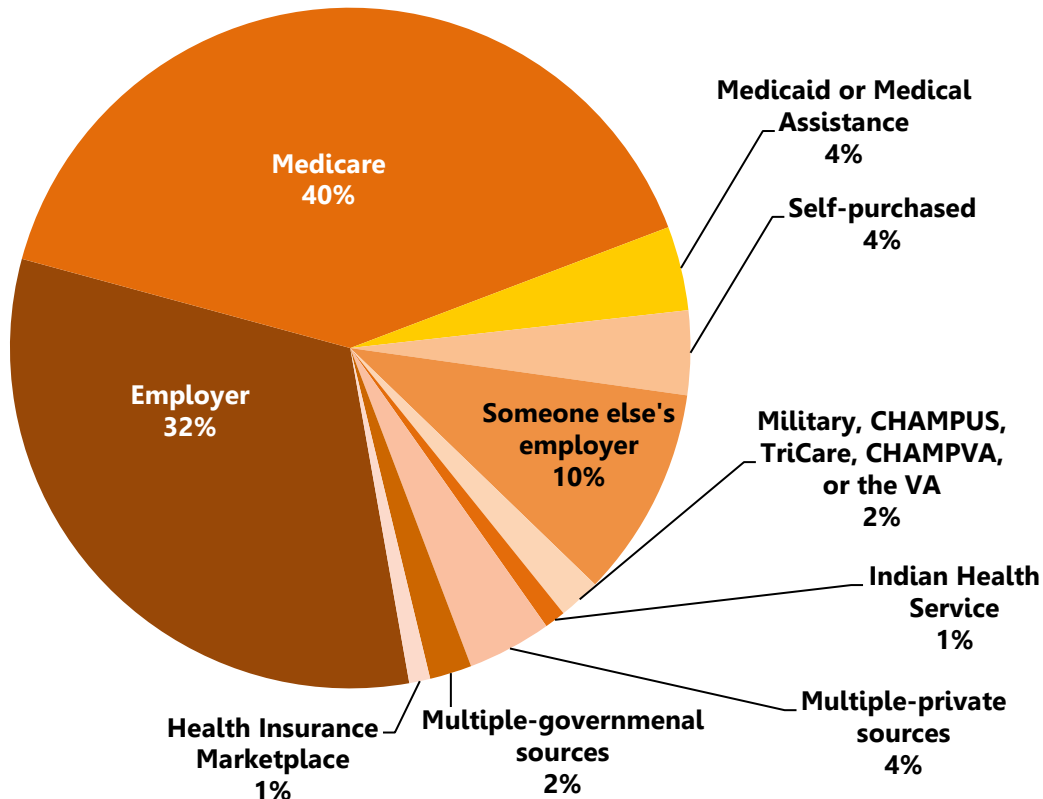
Key Findings: Research indicates that Medicaid Expansion is linked to gains in coverage; improvements in access, financial security, and some measures of health status/outcomes; and economic benefits for states and providers.

- Coverage: Studies show that Medicaid expansion states experienced significant coverage gains and reductions in uninsured rates among the low-income population broadly and within specific vulnerable populations.
- Access to care and related measures: Most research demonstrates that Medicaid expansion has improved access to care, utilization of services, the affordability of care, and financial security among the low-income population. Studies show improved self-reported health following expansion and an association between expansion and certain positive health outcomes.
- Economic measures: Analyses find effects of expansion on numerous economic outcomes, including state budget savings, revenue gains, and overall economic growth. Multiple studies suggest that expansion can result in state savings by offsetting state costs in other areas.

*(Source: Kaiser Family Foundation, The Effects of Medicaid Expansion under the ACA: Updated Findings from a Literature Review, Published August 15, 2019)*

The pie chart shows sources of Erie County adults' health care coverage.

**Source of Health Coverage for Erie County Adults**



The following table shows what is included in Erie County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	97%	1%	2%
Prescription Coverage	89%	7%	4%
Preventive Health	82%	3%	15%
Outpatient Therapy	79%	1%	20%
Immunizations	78%	2%	20%
Mental Health	66%	1%	33%
Dental	57%	39%	4%
Vision/Eyeglasses	55%	37%	8%
Durable Medical Equipment	50%	3%	47%
Alcohol and Drug Treatment	47%	4%	49%
Skilled Nursing/Assisted Living	38%	7%	55%
Hospice	38%	3%	59%
Home Care	36%	7%	57%
Air Ambulance	20%	8%	72%
Transportation	15%	14%	71%

### Healthy People 2020 Access to Health Services (AHS)

Objective	Erie County 2019	Ohio 2017	U.S. 2017	Healthy People 2020 Target
<b>AHS-1.1: Persons under age of 65 years with health insurance</b>	100% age 20-24 92% age 25-34 90% age 35-44 93% age 45-54 95% age 55-64	87% age 18-24 90% age 25-34 90% age 35-44 91% age 45-54 93% age 55-64	83% age 18-24 81% age 25-34 84% age 35-44 88% age 45-54 91% age 55-64	100%

(Sources: Healthy People 2020 Objectives, 2017 BRFSS, 2019 Erie County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

# Health Care Access: Access and Utilization

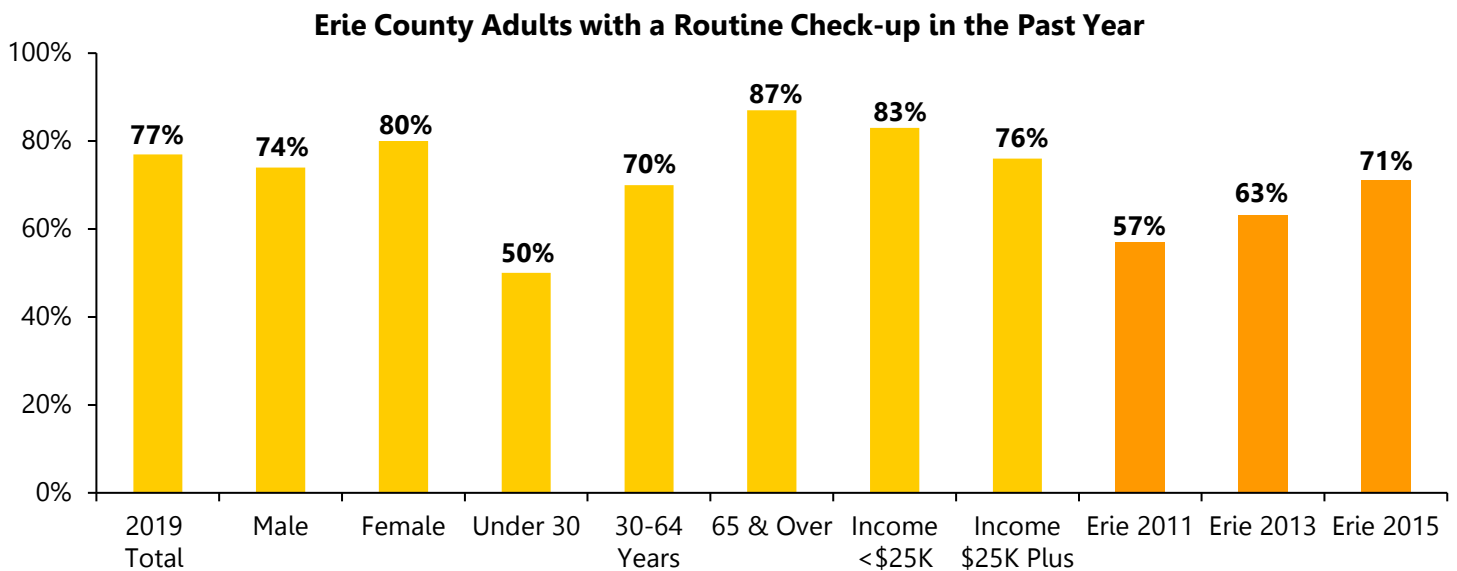
## Key Findings

Seventy-seven percent (77%) (approximately 45,383) of Erie County adults had visited a doctor for a routine checkup in the past year. Forty-six percent (46%) (approximately 27,112) of adults went outside of Erie County for health care services in the past year.

## Health Care Access

- Seventy-seven percent (77%) (approximately 45,383) of Erie County adults visited a doctor for a routine checkup in the past year, increasing to 87% of those over the age of 65.
- Adults with health care coverage were more likely to have visited a doctor for a routine checkup in the past year (77%), compared to 67% of those without health care coverage.
- Forty-nine percent (49%) (approximately 28,880) of adults reported they had one person they thought of as their personal doctor or health care provider. Forty-one percent (41%) of adults had more than one person they thought of as their personal health care provider, and 9% did not have one at all. One percent (1%) reported they did not know.

The following graph shows the percentage of Erie County adults who had a routine checkup in the past year. An example of how to interpret the information in the graph includes: 77% of all adults had a routine check-up in the past year, including 74% of males and 80% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Visited a doctor for a routine checkup in the past year	57%	63%	71%	77%	72%	70%
Had at least one person they thought of as their personal doctor or health care provider	86%	88%	87%	90%	81%	77%

- Seventy-two percent (72%) (approximately 42,436) of Erie County adults reported they received medical care in the past year. Reasons for not receiving medical care in the past 12 months included: no need to go (55%), cost/no insurance (18%), too long of a wait for an appointment (6%), inconvenient appointment times (2%), distance (2%), too embarrassed to seek help (1%), office was not open when they could get there (1%), concerned about privacy (1%), and other (13%).
- Adults usually visited the following places for health care services and advice: doctor's/health care provider's office (77%); urgent care center (6%); public health clinic or community health center (3%); Department of Veteran's Affairs (VA) (3%); hospital emergency room (2%); in-store health clinic (2%); multiple places, including a doctor's office (1%); family and friends (1%); internet (1%); chiropractor (1%); and some other kind of place (1%). Three percent (3%) of adults indicated they had no usual place for health care services.

**27,112 adults went outside Erie County for health care services in the past year.**

- Forty-six percent (46%) (approximately 27,112) of adults went outside of Erie County for the following health care services in the past year: primary care (19%); specialty care (19%); dental services (11%); cardiac care (9%); orthopedic care (5%); cancer care (5%); dermatological (skin) care (4%); podiatry (foot/ankle) care (4%); ear, nose, throat care (2%); mental health care/counseling (2%); obstetrics/gynecology (1%); female health services (1%); pediatric care (1%); pediatric therapies (<1%); and other services (8%).
- Reasons for seeking health care services outside of Erie County included: needed care they could not get locally (23%), used to live there (21%), there was a better-quality program (20%), did not like the local services/providers (15%), insurance restrictions (11%), had a bad experience locally (5%), work there (5%), word of mouth (4%), wait list was too long in Erie county (2%), confidentiality/anonymity (1%), hours not convenient (1%), and other reasons (26%).

*Erie County adults accessed the following services through telemedicine:*

Telemedicine Services	Yes, and accessed this service	Yes, and would use this service again	No, and have not accessed this service	No, but would be interested in this service
<b>Telemedicine for medical care</b>	2%	<1%	88%	10%
<b>Telemedicine for mental or emotional care</b> (e.g., Telepsychiatry)	<1%	1%	91%	7%
<b>Health care provider gave a diagnosis via phone call or online</b>	2%	1%	85%	11%
<b>Health care provider ordered prescription via phone call or online</b>	14%	8%	70%	9%

# Health Care Access: Preventive Medicine

## Key Findings

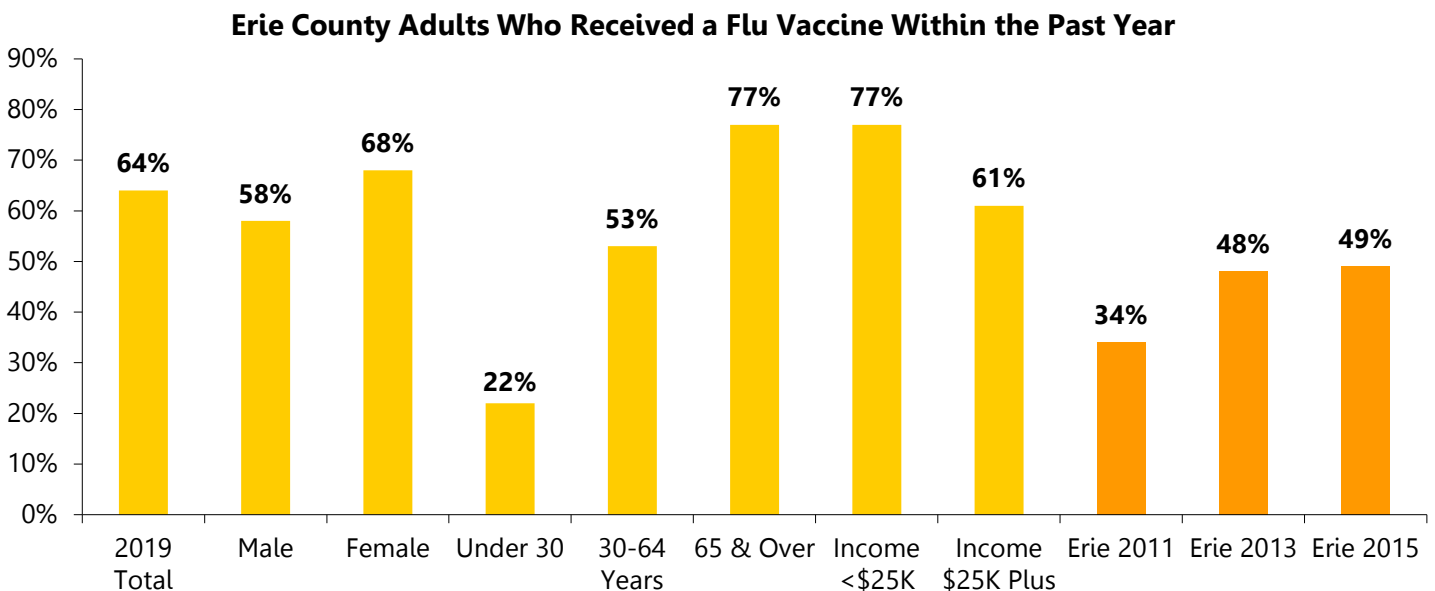
Sixty-four percent (64%) (approximately 37,721) of Erie County adults had a flu vaccine in the past 12 months. Eighty percent (80%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-three percent (53%) of adults ages 50 and over had a colonoscopy in the past five years.

## Preventive Medicine

- Sixty-four percent (64%) (approximately 37,721) Erie County adults had a flu vaccine during the past 12 months.
- Over three-quarters (77%) of Erie County adults ages 65 and over had a flu vaccine in the past 12 months.
- Over half (52%) (approximately 30,648) of adults had a pneumonia vaccine in their life, increasing to 80% of those ages 65 and over.
- Erie County adults had the following vaccines:
  - MMR in their lifetime (77%)
  - Chicken pox in their lifetime (59%)
  - Tetanus, diphtheria, and pertussis (Tdap or Td) in the past 10 years (56%)
  - Zoster (shingles) vaccine in their lifetime (35%)
  - Hepatitis B in their lifetime (29%)
  - Hepatitis A in their lifetime (20%)
  - Human papillomavirus (HPV) vaccine in their lifetime (7%)

**37,721 Erie County adults had a flu vaccine in the past year.**

The following graph shows the percentage of Erie County adults who received a flu vaccine in the past year. An example of how to interpret the information in the graph includes: 64% of adults received a flu vaccine in the past year, including 77% of those over the age of 65.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Had a pneumonia vaccination</b> (age 65 and over)	46%	50%	54%	80%	76%	75%
<b>Had a flu vaccine in the past year</b> (age 65 and over)	N/A	71%	71%	77%	63%	61%
<b>Ever had a shingles or zoster vaccine</b>	N/A	8%	14%	35%	29%	29%

N/A-Not Available

### Healthy People 2020 Immunization and Infectious Diseases (IID)

Objective	Erie County 2019	Healthy People 2020 Target
<b>IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease</b>	80%	90%
<b>IID-12.7: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated annually against seasonal influenza</b>	77%	90%
<b>IID-14: Increase the percentage of adults who are vaccinated against zoster (shingles)</b>	35%	30%

Note: U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2019 Erie County Health Assessment)

### Preventive Health Screenings and Exams

- Sixty-six percent (66%) (approximately 38,900) adults had their eyes examined by a doctor or eye care provider in the past year, increasing to 73% of those over the age of 65.
- Erie County adults had the following cancer screenings:
  - Colorectal cancer in the past 5 years (47%)
  - Skin cancer in the past year (24%)
  - Oral cancer in the past year (21%)
  - Lung cancer in the past 3 years (6%)

- Fifty-three percent (53%) of adults ages 50 and over had a colonoscopy in the past five years. Forty-six percent (46%) of adults ages 50 and over had a stool test, 15% had a CT colonoscopy, and 11% had a flexible sigmoidoscopy within the past five years.

### Erie County Adults Ages 50 and Over Colon Cancer Screenings

	Stool Test	Colonoscopy	Flexible Sigmoidoscopy	CT Colonoscopy (Virtual Colonoscopy)
<b>Tested this year</b>	20%	8%	1%	1%
<b>Tested within the last 1 to 3 years</b>	19%	29%	7%	9%
<b>Tested within the last 3 to 5 years</b>	7%	16%	3%	5%
<b>Tested within the last 5 to 10 years</b>	5%	21%	2%	2%
<b>Tested more than 10 years ago</b>	7%	6%	5%	1%
<b>Never tested</b>	35%	20%	58%	57%
<b>Not sure</b>	7%	0%	24%	25%

*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

### American Cancer Society (ACS) Screening Age Recommendations for Colorectal Cancer

Screening age recommendations for those at average risk:

- People at average risk of colorectal cancer should start regular screening at age 45.
- People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75.
- People ages 76 through 85 should decide with their medical provider about whether to be screened, based on their own personal preferences, life expectancy, overall health, and prior screening history.
- People over 85 should no longer get colorectal cancer screening.

Screening age recommendations for those at higher than average risk:

People at higher than average risk might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests. People at higher or increased risk are those with:

- A strong family history of colorectal cancer or certain types of polyps.
- A personal history of colorectal cancer or certain types of polyps.
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease).
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC).
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer.

*(Source: American Cancer Society Updates Colorectal Cancer Screening Guidelines, 2018)*

# Health Care Access: Women's Health

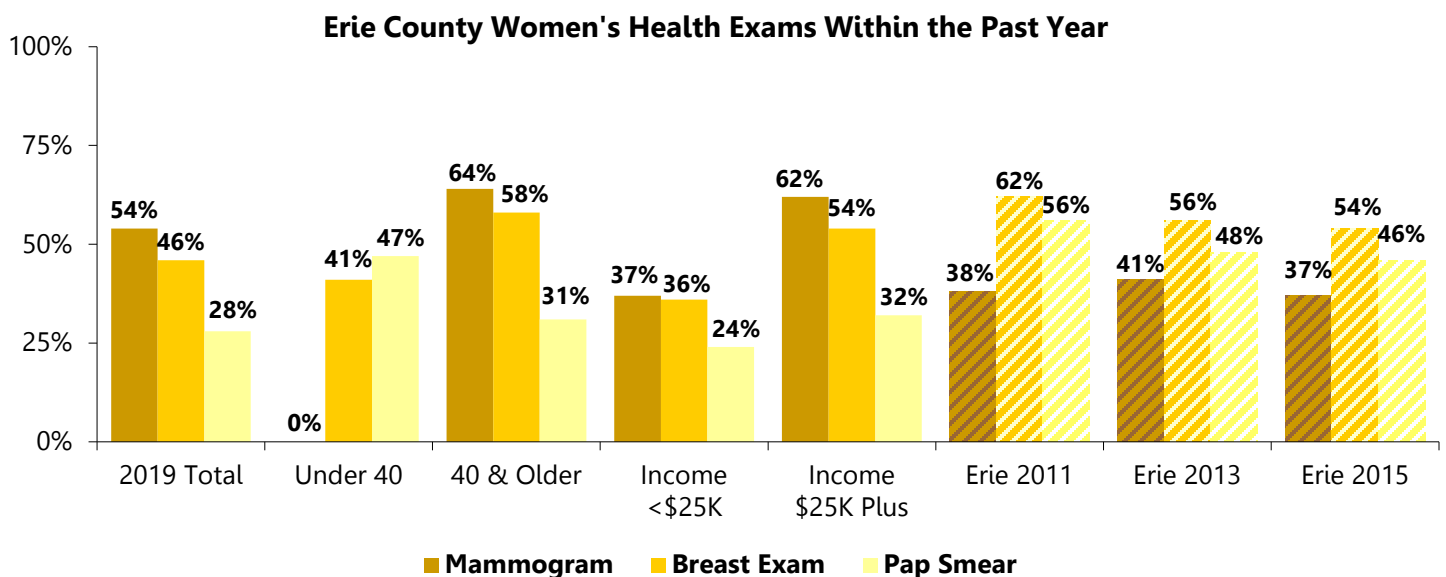
## Key Findings

Fifty-four percent (54%) of Erie County women reported having a mammogram in the past year. Nearly half (46%) of women had a clinical breast exam in the past year, and 28% of women had a Pap smear to detect cancer of the cervix in the past year. Sixty-eight percent (68%) of Erie County women were overweight or obese, 43% had high blood pressure, 42% had high blood cholesterol, and 7% were identified as current smokers, known risk factors for cardiovascular diseases.

## Women's Health Screenings

- Eighty-nine percent (89%) of women had a mammogram at some time in their life, and 54% had this screening in the past year.
- Over two-fifths (64%) of women ages 40 and over had a mammogram in the past year, and 76% had one in the past two years.
- Most (96%) Erie County women had a clinical breast exam at some time in their life, and 46% had one within the past year. Sixty-nine percent (69%) of women ages 40 and over had a clinical breast exam in the past two years.
- Eighty-four percent (84%) of Erie County women had a Pap smear some time in their life, and 28% reported having had the exam in the past year. Sixty-nine percent (69%) of women ages 21 to 65 had a Pap smear in the past three years.

The following graph shows the percentage of Erie County female adults that had various health exams in the past year. An example of how to interpret the information includes: 54% of females had a mammogram within the past year, 46% had a clinical breast exam, and 28% had a Pap smear.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

### Erie County Female Leading Causes of Death, 2015 – 2017

Total female deaths: 1,330

1. Cancer (20% of all deaths)
2. Heart Disease (19%)
3. Alzheimer's Disease (9%)
4. Chronic Lower Respiratory Diseases (7%)
5. Stroke (7%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)

### Ohio Female Leading Causes of Death, 2015 – 2017

Total female deaths: 180,539

1. Heart Disease (22% of all deaths)
2. Cancer (20%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's Disease (6%)

(Source: Ohio Public Health Data Warehouse, 2015-2017)



Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Had a clinical breast exam in the past two years</b> (age 40 and over)	78%	70%	68%	69%	N/A	N/A
<b>Had a mammogram in the past two years</b> (age 40 and over)	72%	72%	71%	76%	74%*	73%*
<b>Had a Pap smear in the past three years</b> (age 21-65)	76%†	69%†	66%†	69%	82%*	80%*

N/A – Not Available

\*2016 BRFSS

†Pap smear was reported for women ages 19 and over

## Women’s Health Concerns

- Women used the following as their usual source of services for female health concerns: private gynecologist (48%), general or family physician (27%), nurse practitioner/physician assistant (6%), community health center (2%), health department clinic (1%), family planning clinic (1%), and a midwife (1%).
- Fifteen percent (15%) indicated they did not have a usual source of services for female health concerns.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Erie County, the 2019 health assessment has identified that:
  - 68% of women were overweight or obese (2017 BRFSS reports 64% for Ohio and 60% for U.S.)
  - 43% of women were diagnosed with high blood pressure (2017 BRFSS reports 33% for Ohio and 31% for U.S.)
  - 42% of women were diagnosed with high blood cholesterol (2017 BRFSS reports 33% for Ohio and 32% for U.S.)
  - 18% of women had been diagnosed with diabetes (2017 BRFSS reports 11% for Ohio and 11% for U.S.)
  - 7% of women were current smokers (2017 BRFSS reports 20% for Ohio and 14% for U.S.)

# Health Care Access: Men's Health

## Key Findings

In 2019, 39% of Erie County males had a prostate-specific antigen (PSA) test in the past year. Twenty-four percent (24%) of males had a digital rectal exam in the past year. Over half (53%) of men had been diagnosed with high blood cholesterol, 48% had high blood pressure, and 16% were identified as current smokers, which, along with being overweight or obese (81%), are known risk factors for cardiovascular diseases.

## Men's Health Screenings

- More than three-fifths (65%) of Erie County males had a prostate-specific antigen (PSA) test at some time in their life and 39% had one in the past year.
- Sixty-nine percent (69%) of males age 40 and over had a PSA test at some time in their life, and 53% had one in the past two years.
- More than three-quarters (74%) of males age 50 and over had a PSA test at some time in their life, and 48% had one in the past year.
- Sixty-seven percent (67%) of men had a digital rectal exam in their lifetime and 24% had one in the past year.

## Men's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Erie County, the 2019 health assessment has identified that:
  - 81% of males were overweight or obese (2017 BRFSS reports 72% for Ohio and 71% for U.S.)
  - 53% of males were diagnosed with high blood cholesterol (2017 BRFSS reports 34% for Ohio and 35% for U.S.)
  - 48% of males were diagnosed with high blood pressure (2017 BRFSS reports 37% for Ohio and 35% for U.S.)
  - 21% of males had been diagnosed with diabetes (2017 BRFSS reports 11% for Ohio and 11% for U.S.)
  - 16% of males were current smokers (2017 BRFSS reports 22% for Ohio and 19% for U.S.)

### Erie County Male Leading Causes of Death, 2015 – 2017

*Total male deaths: 1,596*

1. Heart Diseases (22% of all deaths)
2. Cancers (20%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (7%)
5. Alzheimer's Disease (4%)

*(Source: Ohio Public Health Data Warehouse, 2015-2017)*

### Ohio Male Leading Causes of Death, 2015 – 2017

*Total male deaths: 180,695*

1. Heart Diseases (24% of all deaths)
2. Cancer (22%)
3. Accidents, Unintentional Injuries (8%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (4%)

*(Source: Ohio Public Health Data Warehouse, 2015-2017)*

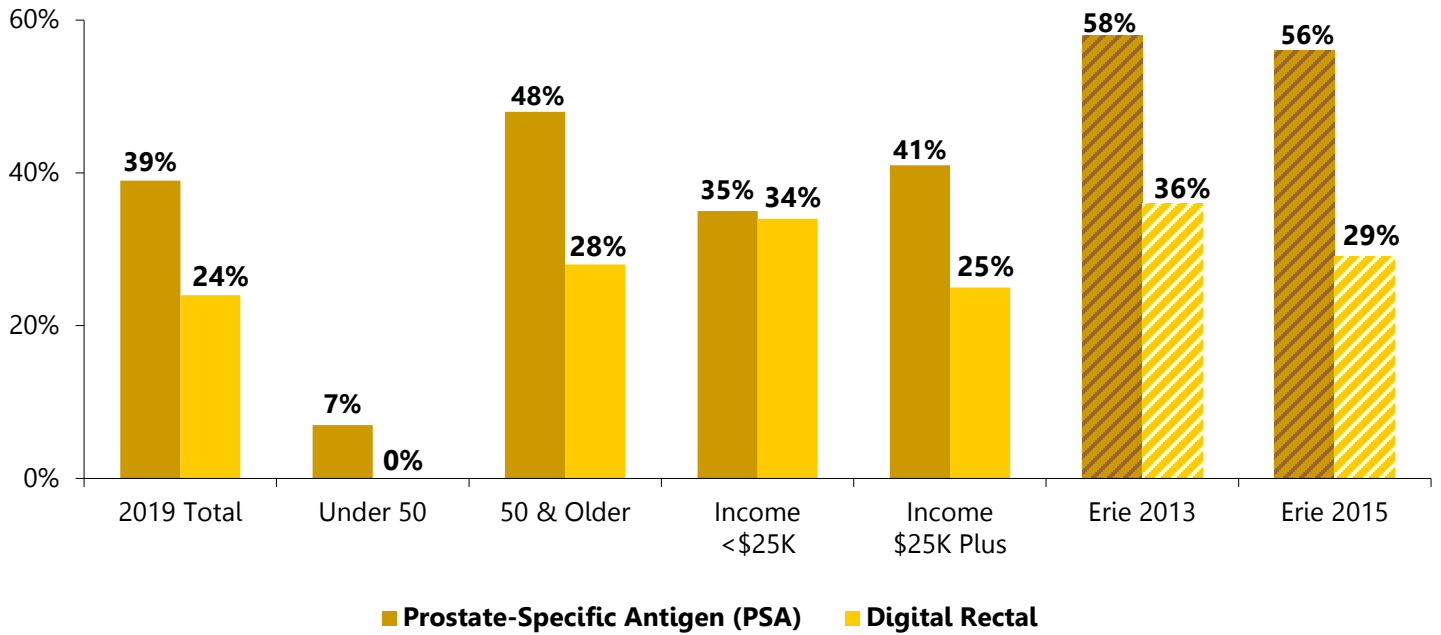
Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Had a PSA test in the past two years (age 40 and over)	N/A	58%	56%	53%	39%*	40%*
Had a digital rectal exam within the past year	26%	26%	16%	24%	N/A	N/A

N/A – Not Available

\*2016 BRFSS

The following graph shows the percentage of Erie County male adults that had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 39% of Erie County males had a PSA test within the past year, and 24% had a digital rectal exam.

**Erie County Men's Health Exams Within the Past Year**



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

# Health Care Access: Oral Health

## Key Findings

Sixty-one percent (61%) (approximately 35,953) of Erie County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist in the past year were cost (21%); no reason to go/had not thought of it (20%); and had dentures (19%).

**35,953 Erie County adults had visited a dentist or dental clinic in the past year.**

## Oral Health

- In the past year, 61% (approximately 35,953) of Erie County adults had visited a dentist or dental clinic.
- Sixty-five percent (65%) of Erie County adults with dental insurance had been to the dentist in the past year, compared to 63% of those without dental insurance.
- Erie County adults reported the following reasons for not visiting a dentist or dental clinic in the past year:
  - Cost (21%)
  - No reason to go/had not thought of it (20%)
  - Had dentures (19%)
  - Fear, apprehension, nervousness, pain, dislike going (16%)
  - Did not have or know a dentist (6%)
  - Dentist did not accept their medical coverage (1%)
  - Could not find dentist that takes Medicaid (1%)
  - Multiple reasons, including cost (1%)
- Adults reported experiencing the following oral health issues: problems with dentures (5%), difficulty eating/chewing (4%), oral pain (4%), loose teeth (3%), no teeth (3%), lack of regular dental hygiene (2%), oral bleeding (1%), and missed work due to oral pain (<1%).

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Adults who had visited a dentist or dental clinic in the past year</b>	65%	62%	67%	61%	68%*	66%*

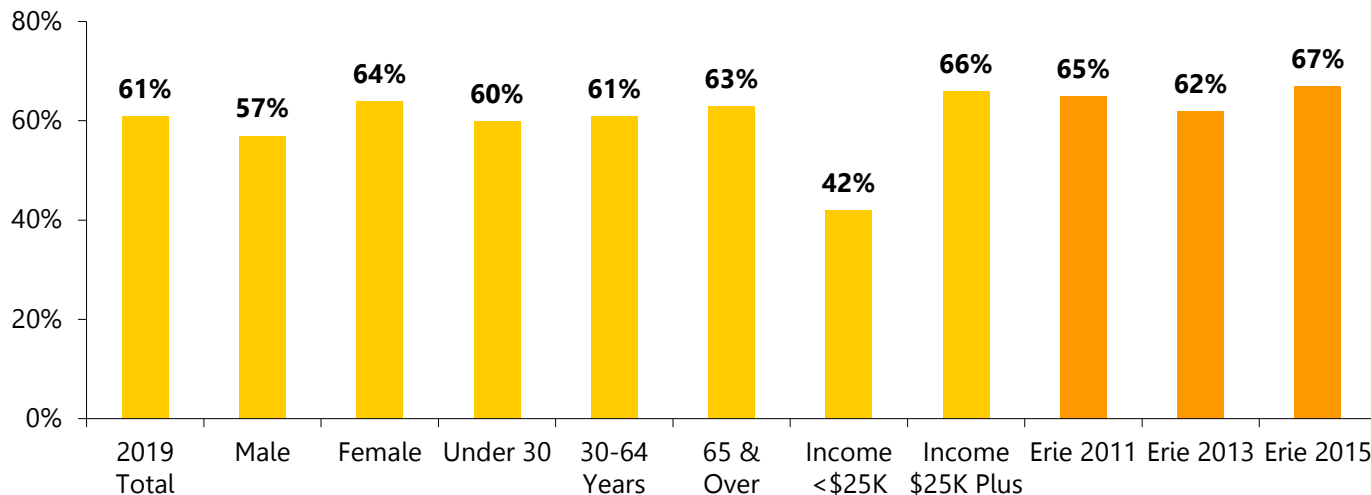
\*2016 BRFSS

Adult Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never
<b>Time Since Last Visit to Dentist/Dental Clinic</b>					
<b>Males</b>	57%	14%	9%	16%	1%
<b>Females</b>	64%	11%	11%	12%	2%
<b>Total</b>	61%	13%	10%	14%	1%

Note: Totals may not equal 100% as some respondents answered, "Don't know".

The following graph shows the percentage of Erie County adults who had visited a dentist or dental clinic in the past year. An example of how to interpret the information on the graph includes: 61% of adults had been to the dentist or dental clinic in the past year, including 42% of those with incomes less than \$25,000.

**Erie County Adults Who Visited a Dentist or Dental Clinic in the Past Year**



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

### Facts About Adult Oral Health

- The baby boomer generation is the first where most people will keep their natural teeth over their entire lifetime. This is largely because of the benefits of water fluoridation and fluoride toothpaste. However, threats to oral health, including tooth loss, continue throughout life.
- The major risks for tooth loss are tooth decay and gum disease that may increase with age because of problems with saliva production; receding gums that expose “softer” root surfaces to decay-causing bacteria; or difficulties flossing and brushing because of poor vision, cognitive problems, chronic disease, and physical limitations.
- Although more adults are keeping their teeth, many continue to need treatment for dental problems. This need is even greater for members of some racial and ethnic groups—about 3 in 4 Hispanics and non-Hispanic black adults have an unmet need for dental treatment, as do people who are poor. These individuals are also more likely to report having poor oral health.
- In addition, some adults may have difficulty accessing dental treatment. For every adult aged 19 years or older without medical insurance, there are three who don’t have dental insurance.
- Oral health problems include the following: untreated tooth decay, gum disease, tooth loss, oral cancer, and chronic diseases such as arthritis, heart disease, and strokes.

(Source: Centers for Disease Control and Prevention, Division of Oral Health, Adult Oral Health, Updated on July 13, 2016)

# Health Behaviors: Health Status Perceptions

## Key Findings

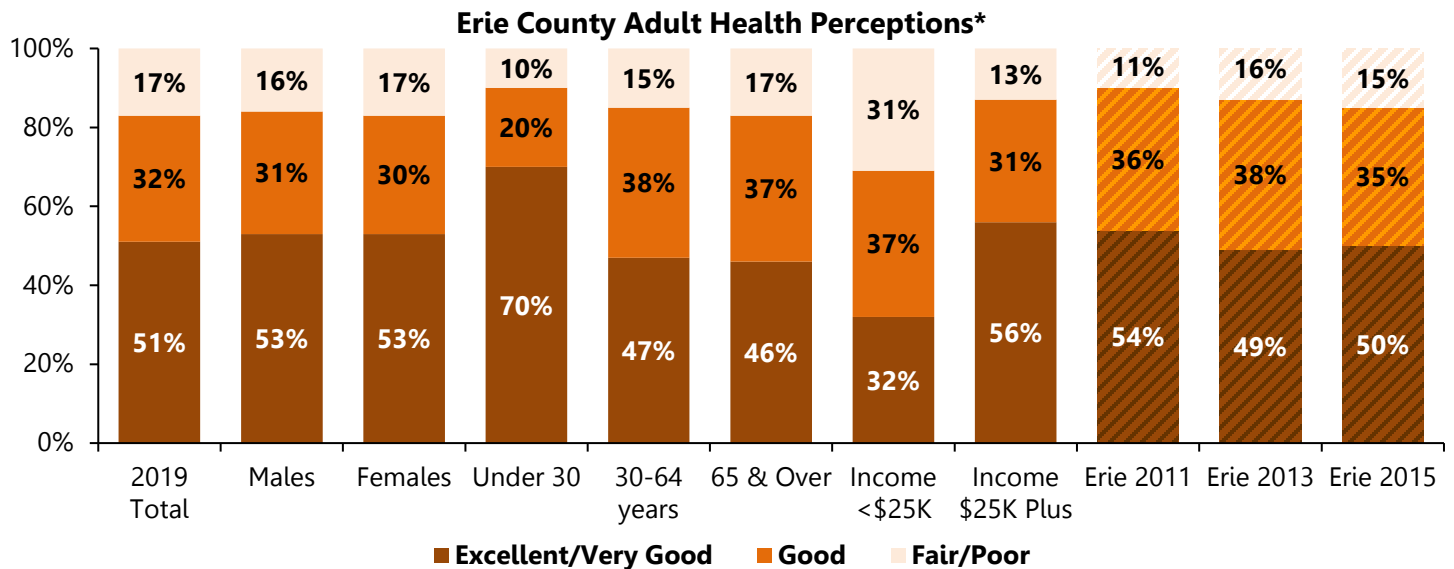
In 2019, 51% (approximately 30,059) of Erie County adults rated their health status as excellent or very good. Conversely, 17% (approximately 10,020) of adults, increasing to 31% of those with incomes less than \$25,000, described their health as fair or poor.

**In 2019, 10,020 Erie County adults rated their health as fair or poor.**

## General Health Status

- In 2019, 51% (approximately 30,059) of Erie County adults rated their health as excellent or very good. Erie County adults with higher incomes (56%) were most likely to rate their health as excellent or very good, compared to 32% of those with incomes less than \$25,000.
- Seventeen percent (17%) (approximately 10,020) of adults rated their health as fair or poor.
- Erie County adults were most likely to rate their health as fair or poor if they:
  - Had high blood pressure (72%)
  - Had high blood cholesterol (57%)
  - Had been diagnosed with diabetes (46%)
  - Had an annual household income under \$25,000 (31%)
  - Were widowed (19%) or divorced (22%)
  - Had been diagnosed with asthma (15%)
- Over one-quarter (27%) (approximately 15,914) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

The following graph shows the percentage of Erie County adults who described their health status as excellent/very good, good, and fair/poor. An example of how to interpret the information includes: 51% of all adults, 53% of males and 70% of those under age 30 rated their health as excellent or very good.



\*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## Physical Health Status

- Twenty-one percent (21%) (approximately 12,377) Erie County adults rated their physical health as not good on four or more days in the previous month.
- Erie County adults reported their physical health as not good on an average of 4.3 days in the previous month.
- Erie County adults were most likely to rate their physical health as not good if they:
  - Had an annual household income under \$25,000 (57%)
  - Were 65 years of age or older (49%)

*The table shows the percentage of adults with poor physical health in the past 30 days.*

Physical Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Physical Health Not Good in Past 30 Days*</b>					
<b>Males</b>	55%	19%	4%	1%	11%
<b>Females</b>	47%	16%	5%	5%	16%
<b>Total</b>	52%	16%	4%	3%	14%

*\*Totals may not equal 100% as some respondents answered, "Don't know".*

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Rated general health as excellent or very good</b>	54%	49%	50%	51%	49%	51%
<b>Rated general health as fair or poor</b>	15%	16%	15%	17%	19%	18%
<b>Rated physical health as not good on four or more days (in the past 30 days)</b>	18%	19%	20%	21%	23%	22%
<b>Average number of days that physical health not good (in the past 30 days)</b>	N/A	3.5	3.3	4.3	4.0 <sup>‡</sup>	3.7 <sup>‡</sup>
<b>Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)</b>	20%	21%	22%	27%	24%	23%

*N/A-Not Available*

*‡2016 BRFSS data as compiled by 2019 County Health Rankings*

# Health Behaviors: Adult Weight Status

## Key Findings

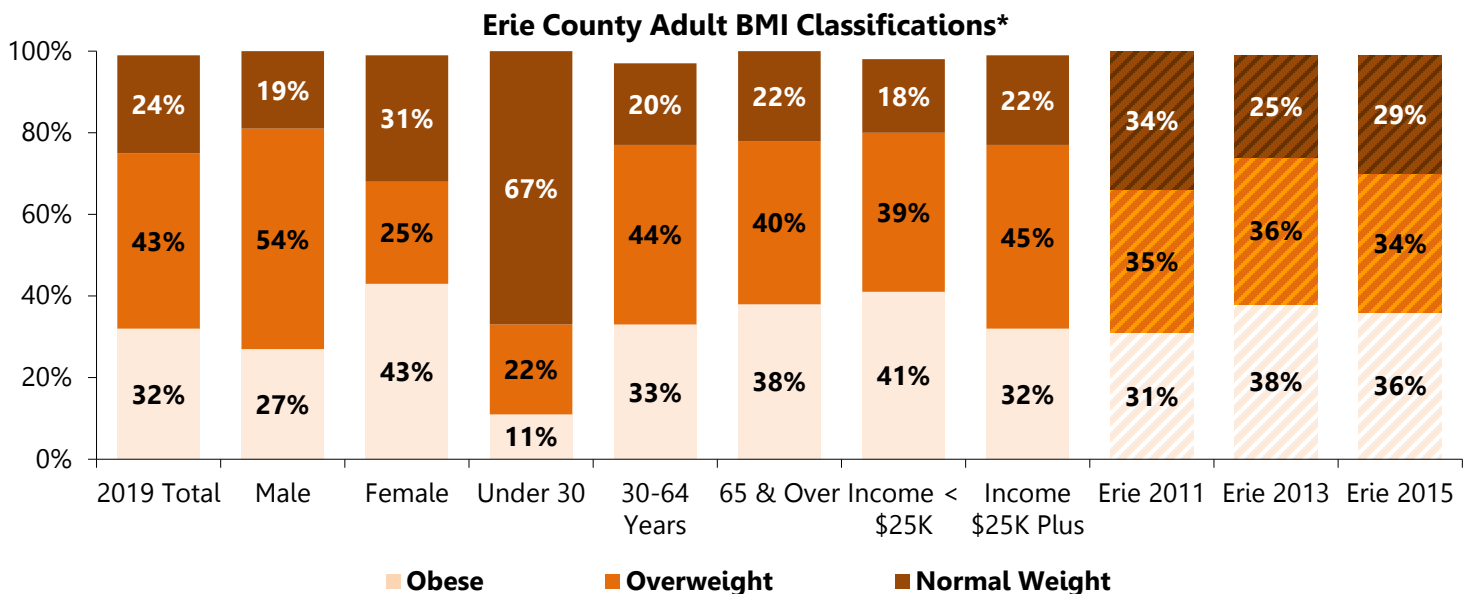
Three-fourths (75%) (approximately 44,204) of Erie County adults were overweight or obese based on body mass index (BMI). Over one-quarter (26%) (approximately 15,324) of adults did not participate in any physical activity in the past week, including 7% (approximately 4,126) who were unable to exercise.

**18,860 Erie County adults were obese.**

## Adult Weight Status

- Three-fourths (75%) (approximately 44,204) of Erie County adults were either overweight (43%) or obese (32%) by body mass index (BMI). This puts them at elevated risk for developing a variety of preventable diseases.
- More than one-fourth (29%) of Erie County adults reported they lost weight, 57% maintained their weight, and 14% gained weight.
- Adults lost an average of 13.1 pounds and gained an average of 10.4 pounds.
- Erie County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (47%); exercised (42%); drank more water (37%); ate a low-carb diet (19%); used a weight loss program (4%); went without eating 24 or more hours (2%); smoked cigarettes (2%); took diet pills, powders or liquids without a doctor's advice (1%); took prescribed medications (1%); participated in a prescribed dietary or fitness program (1%); took laxatives (1%); health coaching (1%); and bariatric surgery (<1%).

The following graph shows the percentage of Erie County adults who were normal weight, overweight or obese by body mass index (BMI). An example of how to interpret the information includes: 24% of all adults were classified as normal weight, 43% were overweight, and 32% were obese.



\*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Obese</b>	31%	38%	36%	32%	34%	31%
<b>Overweight</b>	35%	36%	34%	43%	34%	35%

## Adult Nutrition

The table below indicates the number of servings of fruit, vegetables, sugar-sweetened beverages, and caffeinated beverages Erie County adults consumed daily.

	5 or more servings	3-4 servings	1-2 servings	0 servings
<b>Fruit</b>	2%	10%	73%	15%
<b>Vegetables</b>	2%	13%	80%	5%
<b>Sugar-sweetened beverages</b>	2%	6%	34%	58%
<b>Water</b>	29%	42%	27%	2%

- In 2019, 40% of adults ate between 1 to 2 servings of fruits and/or vegetables per day. Forty-one percent (41%) ate between 3 to 4 servings per day, and 16% ate 5 or more servings per day. Three percent (3%) of adults ate 0 servings of fruits and/or vegetables per day.
- Eighty-three percent (83%) or 48,919 Erie County adults ate out in a restaurant or brought home take-out at least once in a typical week, 8% of whom did so for five or more meals.
- Erie County adults reported the following reasons they chose the types of food they ate:
  - Taste/enjoyment (73%)
  - Healthiness of food (55%)
  - Cost (44%)
  - Ease of preparation/time (41%)
  - Food they were used to (41%)
  - Nutritional content (29%)
  - Availability (28%)
  - What their family prefers (25%)
  - Calorie content (24%)
  - Artificial sweetener content (10%)
  - If it was organic (8%)
  - If it was genetically modified (7%)
  - Health care provider’s advice (5%)
  - Availability of food at the food pantry (4%)
  - Limitations due to dental issues (3%)
  - If it was lactose free (3%)
  - Other food sensitivities (2%)
  - If it was gluten free (2%)
  - Other reasons (5%)

## Adult Physical Activity

- Over half (53%) of adults engaged in some type of physical activity or exercise for at least 30 minutes 3 or more days per week; 30% of adults exercised 5 or more days per week; and 26% of adults were not participating in any physical activity in the past week, including 7% who were unable to exercise.
- Adults reported the following would help them use community parks, bike trails, and walking paths more frequently:
  - More available parks, bike trails, and walking paths (30%)
  - Improvements to existing parks, trails, and paths (22%)
  - Better promotion and advertising of existing parks, trails, and paths (18%)
  - Designated safe routes (18%)
  - More public events and programs involving parks, trails, and paths (9%)

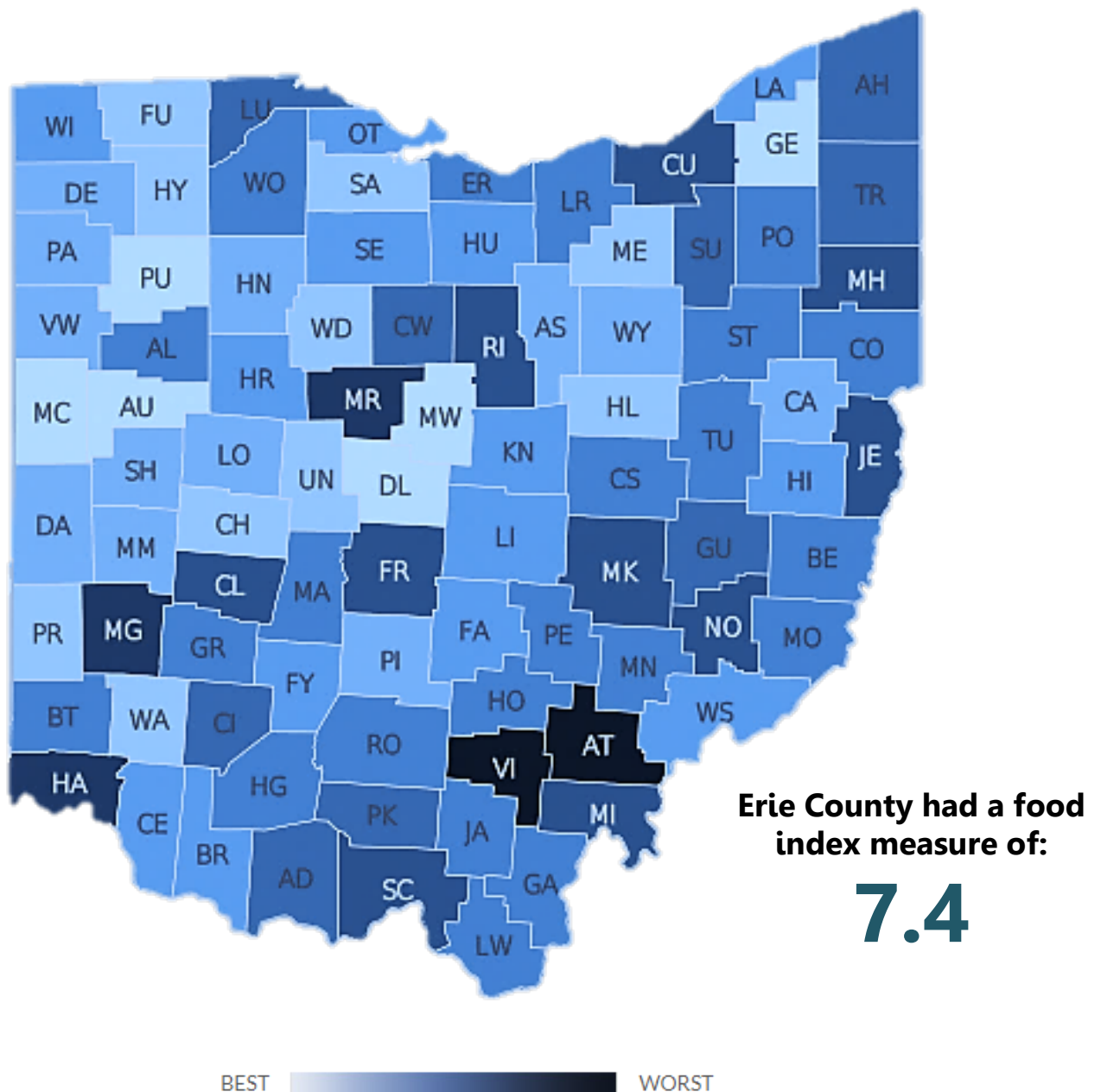
## Summary of the American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity

1. *Achieve and maintain a healthy weight throughout life*
  - Be as lean as possible throughout life without being underweight
  - Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
  - Get regular physical activity and limit intake of high calorie foods and drinks as keys to help maintain a healthy weight.
2. *Adopt a physically active lifestyle*
  - **Adults:** Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
  - **Children and teens:** Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.
  - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
  - Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.
3. *Consume a healthy diet with an emphasis on plant sources*
  - Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
  - Limit how much processed meat and red meat you eat.
  - Eat at least 2½ cups of vegetables and fruits each day.
  - Choose whole grains instead of refined grain products.

(Source: American Cancer Society, Summary of the ACS Guidelines on Nutrition and Physical Activity, Updated on July 22, 2018)

The Food Environment Index measures the quality of the food environment in a county on a scale from zero to 10 (zero being the worst value in the nation, and 10 being the best). The two variables used to determine the measure are limited access to healthy foods (i.e. the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e. the percentage of the population who did not have access to a reliable source of food during the past year).

- The food environment index in Erie County is 7.4.
- The food environment index in Ohio is 6.7.



(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2019)

# Health Behaviors: Adult Tobacco Use

## Key Findings

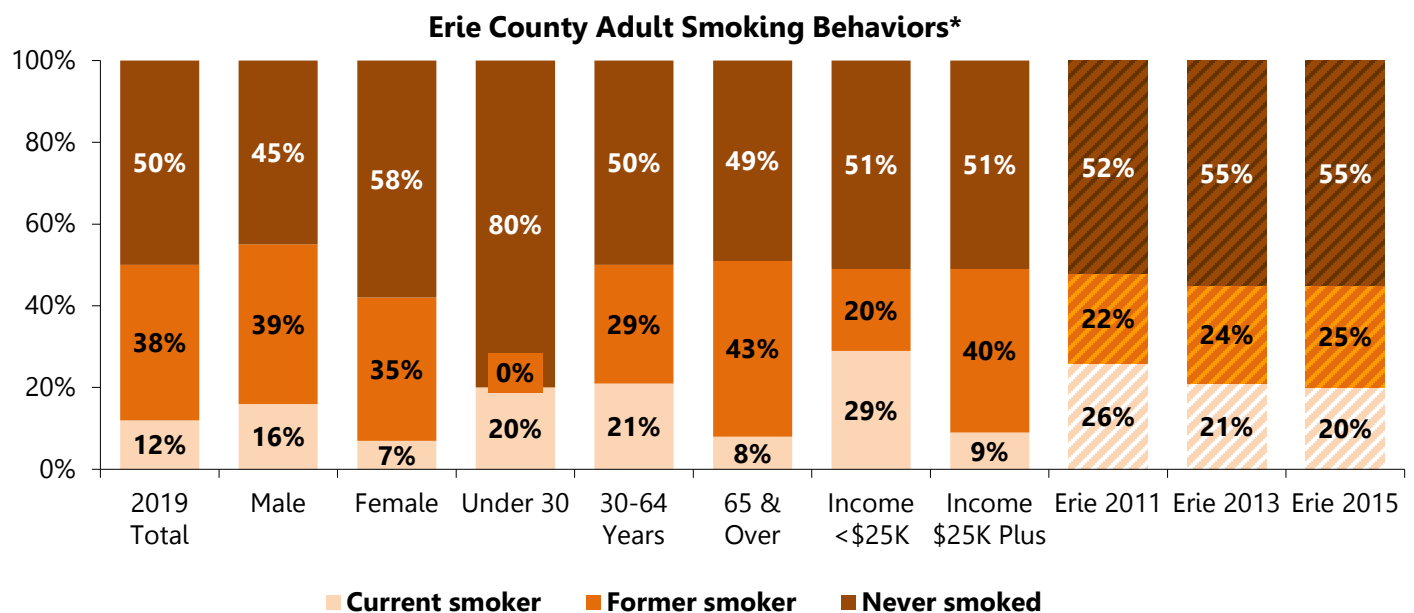
Twelve percent (12%) (approximately 7,073) of Erie County adults were current smokers, and 38% (approximately 22,397) were considered former smokers. Four percent (4%) (approximately 2,358) of adults used an e-cigarette or other electronic vaping product in the past year. Over two-fifths (41%) (approximately 24,165) of adults did not know if e-cigarette vapor was harmful.

**7,073 Erie County adults were current smokers.**

## Adult Tobacco Use

- Twelve percent (12%) (approximately 7,073) Erie County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- More than one-third (38%) (approximately 22,397) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- Erie County adult smokers were more likely to have:
  - Been diagnosed with high blood cholesterol (43%)
  - Been diagnosed with high blood pressure (39%)
  - Rated their overall health as fair or poor (35%)
  - Been divorced (29%)
  - Incomes less than \$25,000 (29%)
  - Been ages 30 to 64 (21%)
  - Been diagnosed with asthma (4%)
- Twenty-six percent (26%) of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.

*The following graph shows the percentage of Erie County adults' smoking behaviors. An example of how to interpret the information includes: 12% of all adults were current smokers, 38% of all adults were former smokers, and 50% had never smoked.*



\*Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

- Erie County adults used the following tobacco products in the past year: cigarettes (17%); e-cigarettes or other electronic vaping products (4%); cigars (4%); pipes (2%); chewing tobacco, snuff, snus, (1%); and little cigars (1%).

**2,358 adults used e-cigarettes or other electronic vaping products in the past year.**

- Adults that had used e-cigarettes/vapes in the past 12 months reported putting the following in them:
  - E-liquid or e-juice with nicotine (14%)
  - E-liquid or e-juice without nicotine (5%)
  - Marijuana or THC in the e-liquid (4%)
  - Homemade e-liquid or e-juice (0%)
- Over half (52%) of adults believed e-cigarette vapor was harmful to themselves, and 49% believed it was harmful to others. Three percent (3%) of adults did not believe e-cigarette vapor was harmful to anyone. Forty-one percent (41%) of adults did not know if e-cigarette vapor was harmful.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Current smoker</b> (currently smoke some or all days)	26%	21%	20%	12%	21%	17%
<b>Former smoker</b> (smoked 100 cigarettes in lifetime & now do not smoke)	22%	24%	25%	38%	24%	25%
<b>Tried to quit smoking</b> (on at least one day in the past year)	47%	49%	44%	26%	N/A	N/A

*N/A – Not Available*

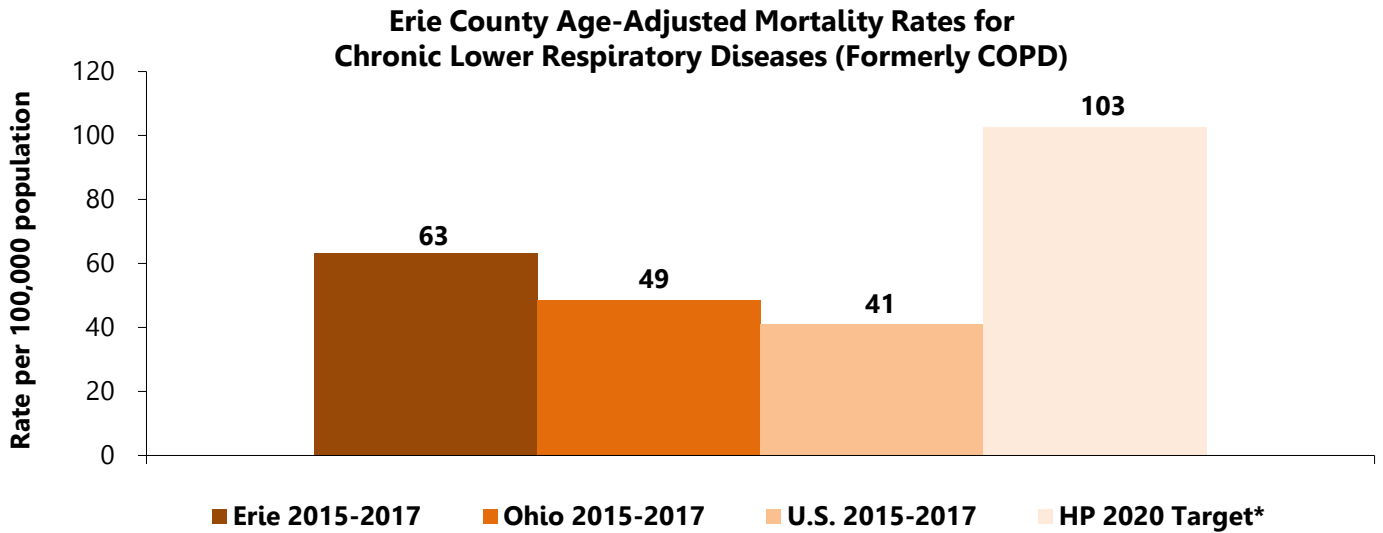
**E-Cigarette Health Effects**

- Most e-cigarettes contain nicotine, which has known health effects.**
  - Nicotine is highly addictive.
  - Nicotine is toxic to developing fetuses.
  - Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
  - Nicotine is a health danger for pregnant women and their developing babies.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body.**
  - This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.
- E-cigarettes can cause unintended injuries.**
  - Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
  - The Food and Drug Administration (FDA) collects data to help address this issue.
  - In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

*(Source: CDC, Smoking & Tobacco Use, About Electronic Cigarettes (E-Cigarettes), updated November 15, 2018)*

The following graph shows Erie County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD). The graph shows:

- From 2015 to 2017, Erie County’s age-adjusted mortality rate for chronic lower respiratory disease was higher than the Ohio and U.S. rate, but lower than the Healthy People 2020 target objective.



(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017 and Healthy People 2020)  
 \*Healthy People 2020’s target rate is for adults aged 45 years and older.

### Smoking and COPD

- Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema, chronic bronchitis, and in some cases, asthma.
- COPD is usually caused by cigarette smoking. Smoking accounts for as many as 8 out of 10 COPD-related deaths nationwide. However, as many as 1 out of 4 Americans with COPD never smoked cigarettes.
- The best way to prevent COPD is to never start smoking, and if you do smoke, quit. Additionally, stay away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars, or pipes, as well as smoke that has been exhaled, or breathed out, by a person smoking.

(Source: Tips from Former Smokers, Chronic Obstructive Pulmonary Disease (COPD), Centers for Disease Control and Prevention, 2019)

# Health Behaviors: Adult Alcohol Consumption

## Key Findings

Sixty-three percent (63%) (approximately 37,132) of Erie County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Nearly one-quarter (24%) (approximately 14,145) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

**37,132 of Erie County adults had at least one alcoholic drink in the past month.**

## Adult Alcohol Consumption

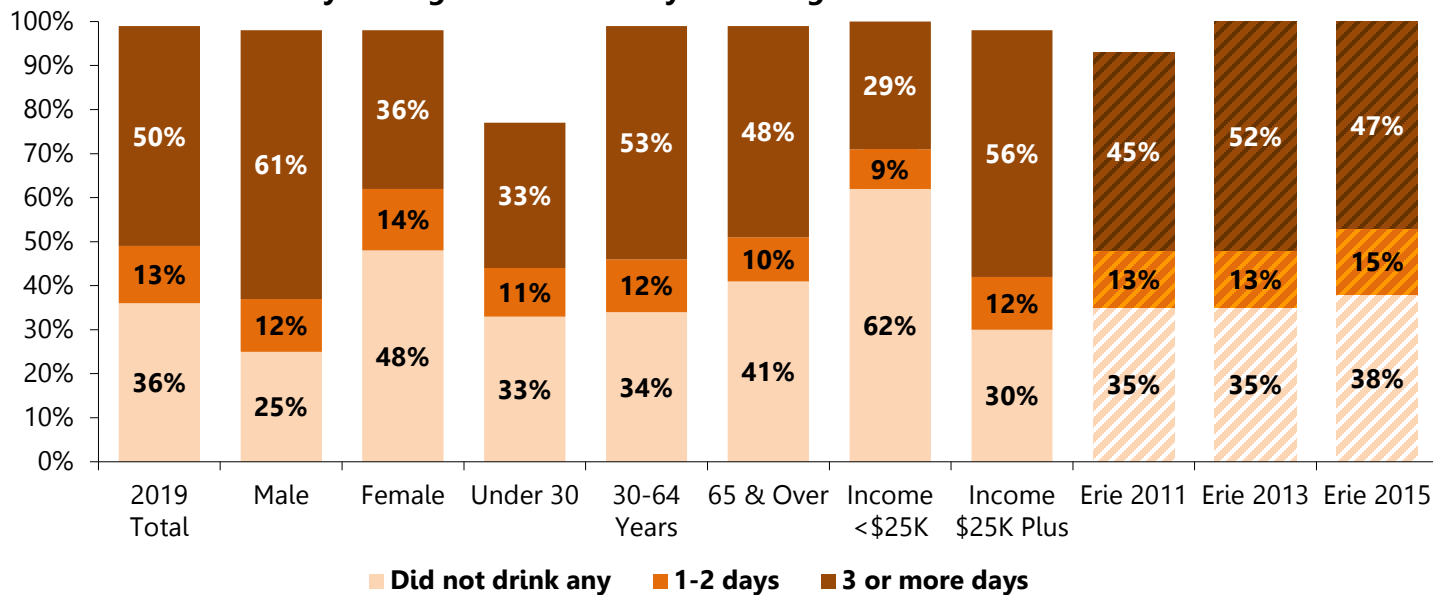
- Over three-fifths (63%) (approximately 37,132) of Erie County adults had at least one alcoholic drink in the past month, increasing to 68% of those with incomes more than \$25,000.
- Of those who drank, Erie County adults drank 3.4 drinks on average, increasing to 4.3 drinks for those with incomes less than \$25,000.
- Nearly one-quarter (24%) (approximately 14,145) Erie County adults reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Of those who drank in the past month, 43% had at least one episode of binge drinking.
- In the past month, 9% (approximately 5,305) of adults reported driving after perhaps having too much to drink, increasing to 13% of males.
- Erie County adults indicated they, an immediate family member, or someone in their household experienced the following in the past 6 months: drove after having any alcoholic beverage (16%), drank more than they expected (11%), used prescription drugs while drinking (9%), spent a lot of time drinking (3%), drank more to get the same effect (3%), were asked to cut back on their drinking (3%), continued to drink despite problems caused by drinking (3%), gave up other activities to drink (2%), tried to quit or cut down but could not (2%), failed to fulfill duties at work, home, or school (1%), drank to ease withdrawal symptoms (1%), and placed themselves or their family in harm (<1%).
- Adults reported the following reasons for drinking alcohol: taste or enjoyment (44%), social events (29%), helps them relax or relieve stress (27%), they like the way it makes them feel (10%), it is normal or part of the culture (9%), social expectations (9%), their parents drank alcohol (4%), not much else to do (<1%), and other reasons (3%).

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Current drinker</b> (drank alcohol at least once in the past month)	65%	54%	62%	63%	54%	55%
<b>Binge drinker</b> (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)	30%	18%	22%	24%	19%	17%
<b>Drove after having too much alcohol to drink</b>	8%	6%	7%	9%	4%*	4%*

\*2016 BRFSS Data

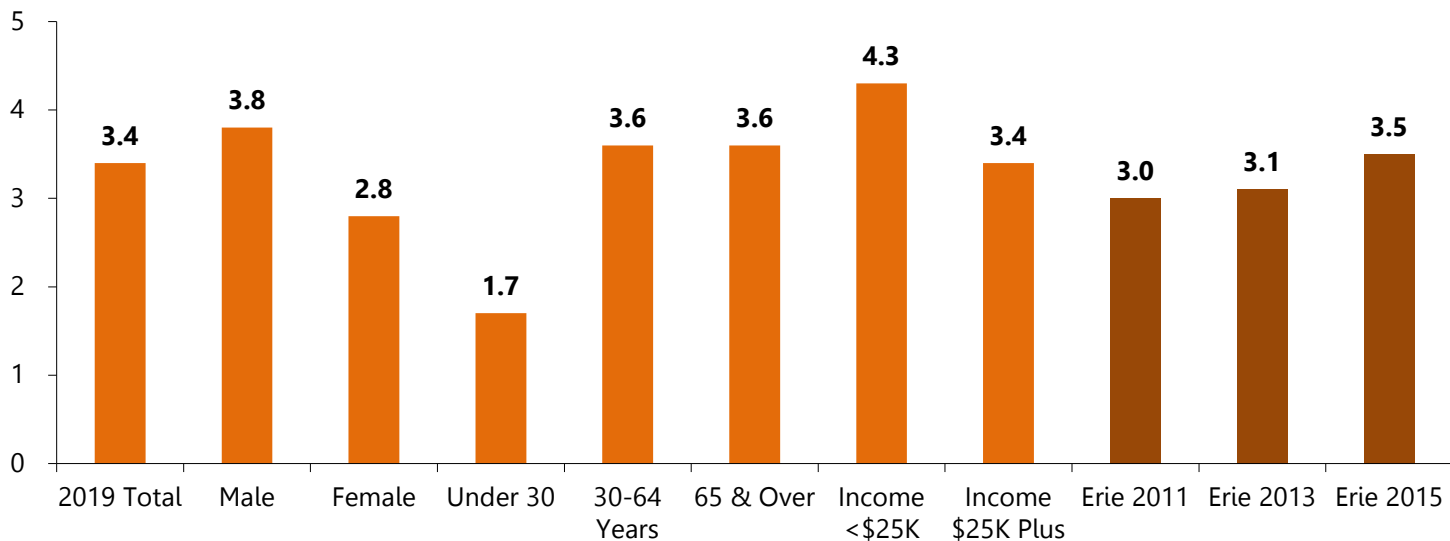
The following graphs show the percentage of Erie County adults consuming alcohol and the amount consumed on average in the past month. An example of how to interpret the information shown on the first graph includes: 36% of all adults did not drink alcohol in the past month, including 25% of males and 48% of females.

### Erie County Average Number of Days Drinking Alcohol in the Past Month\*



\*Percentages may not equal 100% as some respondents answered, "Don't Know"

### Erie County Adult Average Number of Drinks Consumed Per Drinking Occasion



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



# Health Behaviors: Adult Drug Use

## Key Findings

In 2019, 5% (approximately 2,947) of Erie County adults had used recreational marijuana or hashish during the past six months. Eight percent (8%) (approximately 4,715) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past six months.

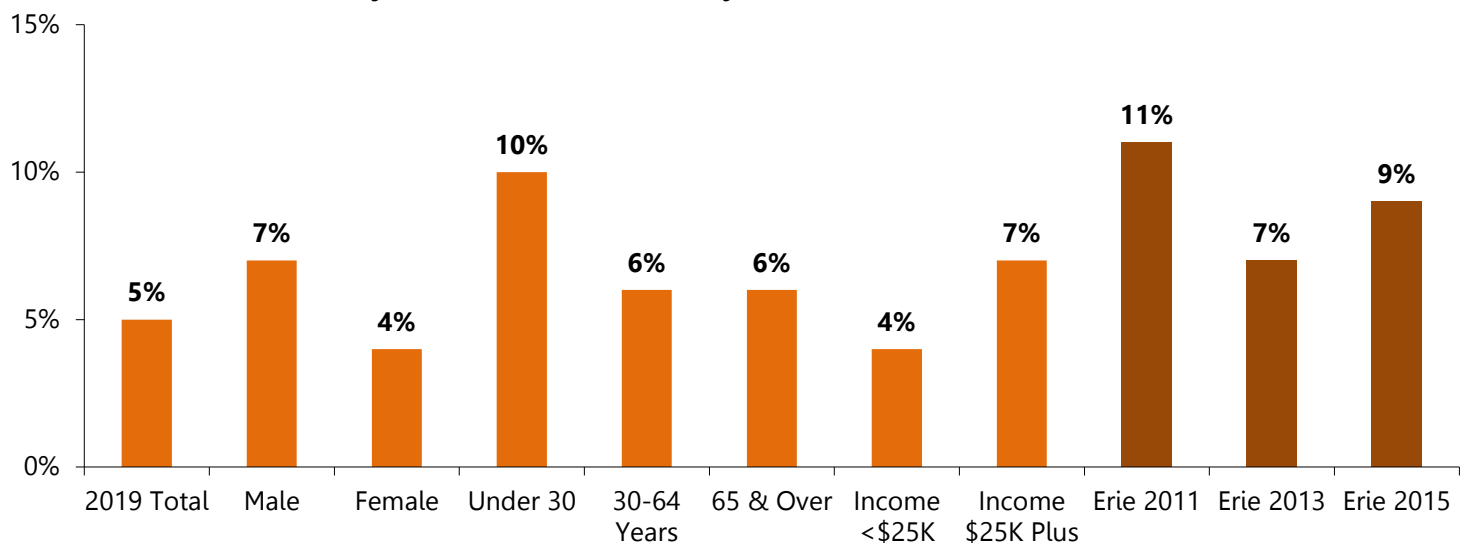
## Adult Marijuana and Other Drug Use

- One percent (1%) (approximately 589) of adults reported using other recreational drugs in the past six months such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- Five percent (5%) (approximately 2,947) of Erie County adults had used recreational marijuana or hashish in the past six months, increasing to 10% of those under the age of 30.
- Erie County adults used the following forms of marijuana in the past month:
  - Recreational marijuana (6%)
  - Other products that have THC oil (3%)
  - Marijuana for medicinal purposes (2%)
  - Marijuana that they, a family member, or a friend grew (<1%)

**2,947 adults had used recreational marijuana or hashish in the past 6 months.**

The following graph shows adult recreational marijuana or hashish use in the past six months. An example of how to interpret the information includes: 5% of adults used recreational marijuana or hashish in the past six months, including 10% of those under the age of 30.

**Erie County Adult Recreational Marijuana or Hashish Use in Past 6 Months**

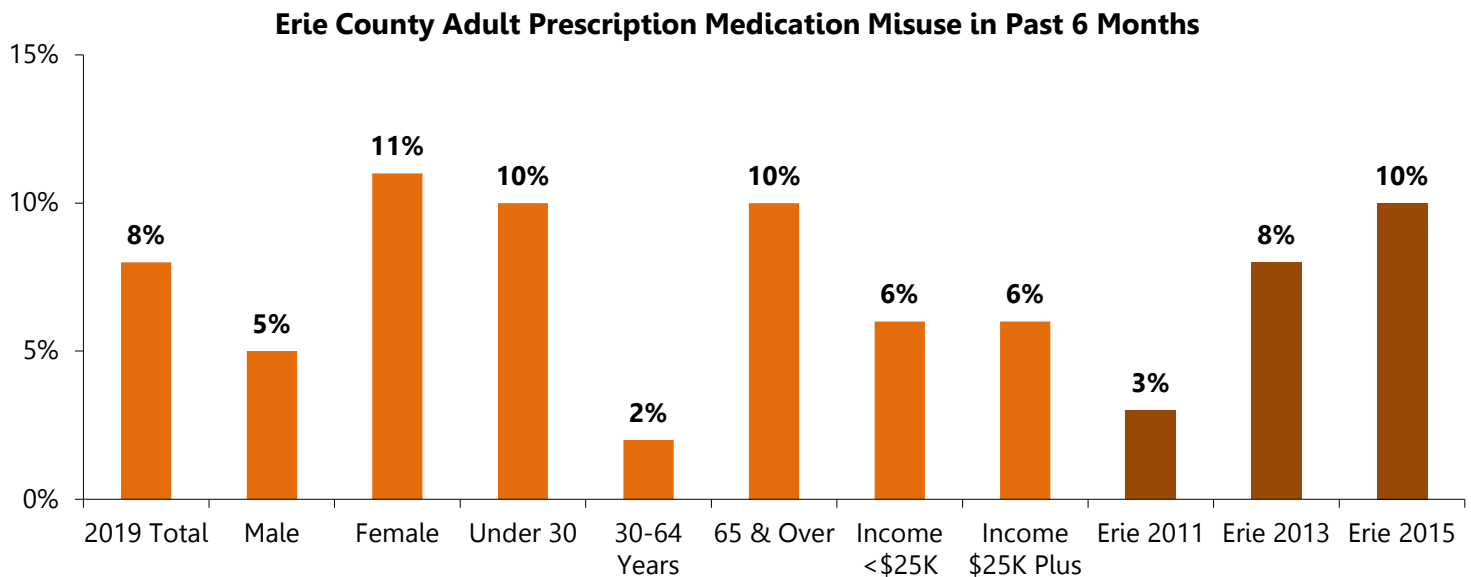


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## Adult Prescription Drug Misuse

- Eight percent (8%) (approximately 4,715) of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past six months, increasing to 11% of females.
- Adults who misused prescription medication obtained their medication from the following:
  - Primary care physician (64%)
  - Free from friend or family member (23%)
  - Multiple doctors/health care providers (9%)
  - Bought from a family member or friend (9%)
  - Bought from a drug dealer (5%)
  - Stole from a friend or family member (5%)

The following graph shows adult medication misuse in the past six months. An example of how to interpret the information in the graph includes: 8% of adults used misused medication in the past six months, including 11% of females.



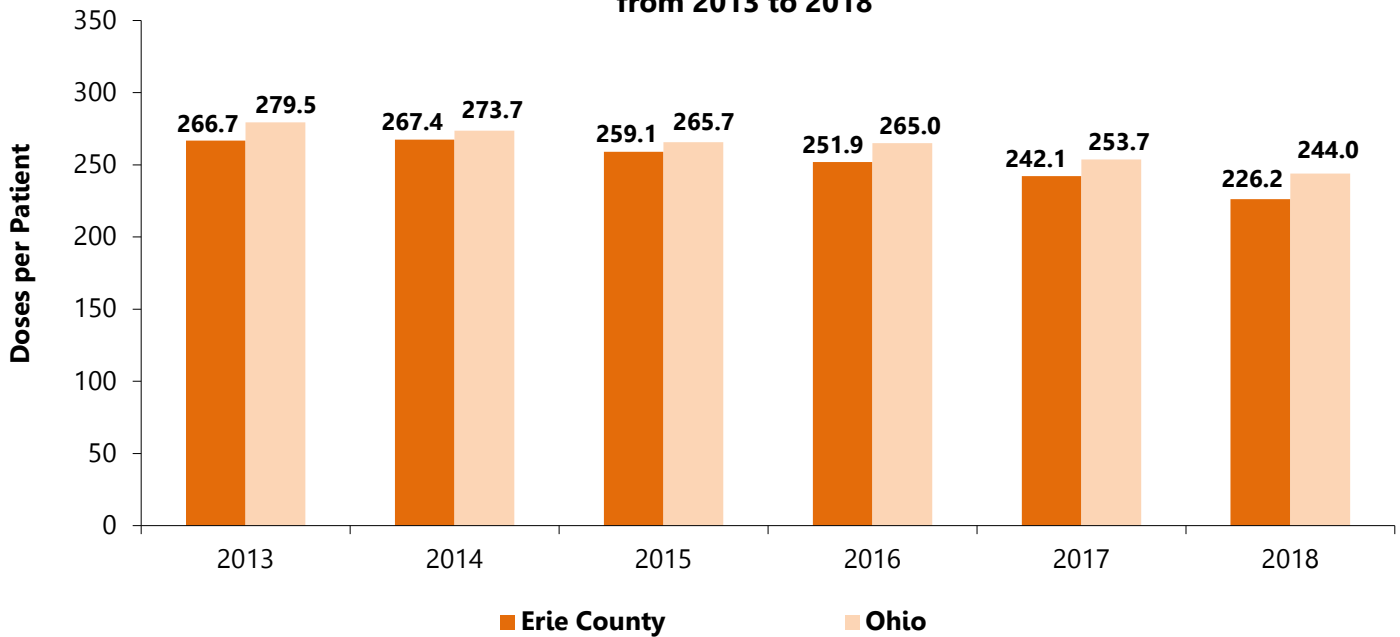
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Adults who used recreational marijuana or hashish in the past six months	11%	7%	9%	5%	N/A	N/A
Adults who used other recreational drugs in the past six months	10%	1%	3%	1%	N/A	N/A
Adults who misused prescription medication in the past six months	3%	8%	10%	8%	N/A	N/A

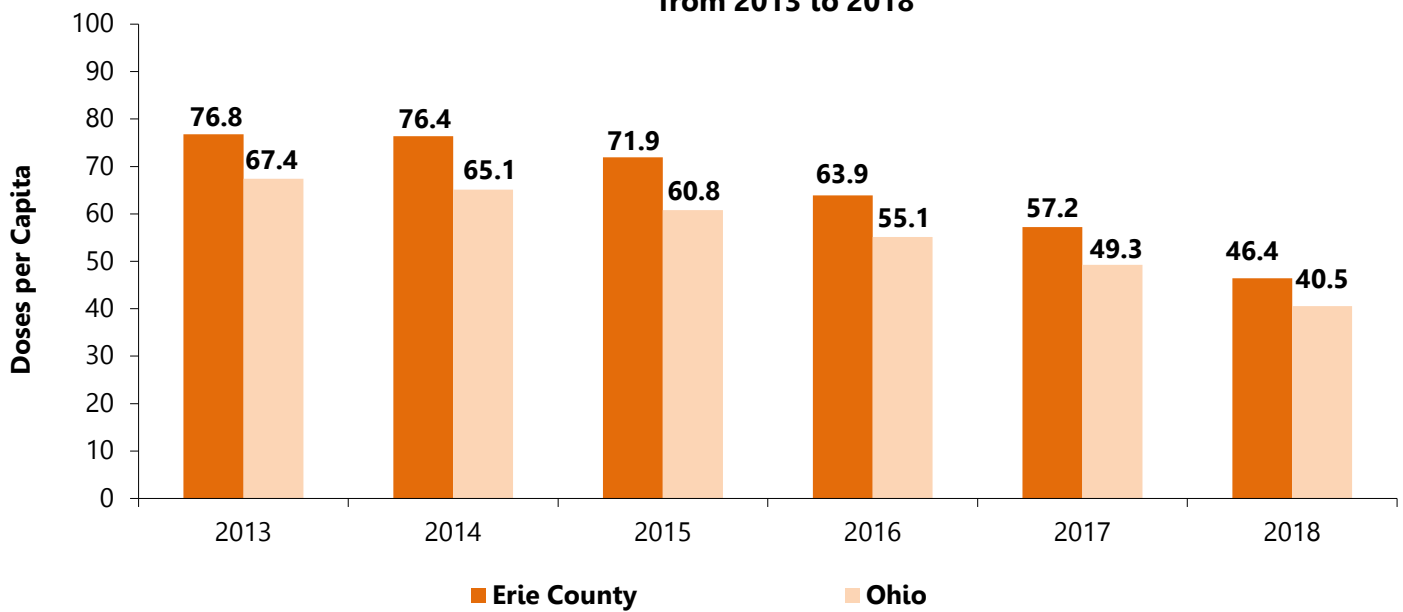
N/A – Not Available

The following graphs are data from the Ohio Automated Prescription Reporting System (OARRS) indicating Erie County and Ohio opiate and pain reliever doses per patient, as well as doses per capita.

**Erie County and Ohio Number of Opiate and Pain Reliever Doses Per Patient from 2013 to 2018**



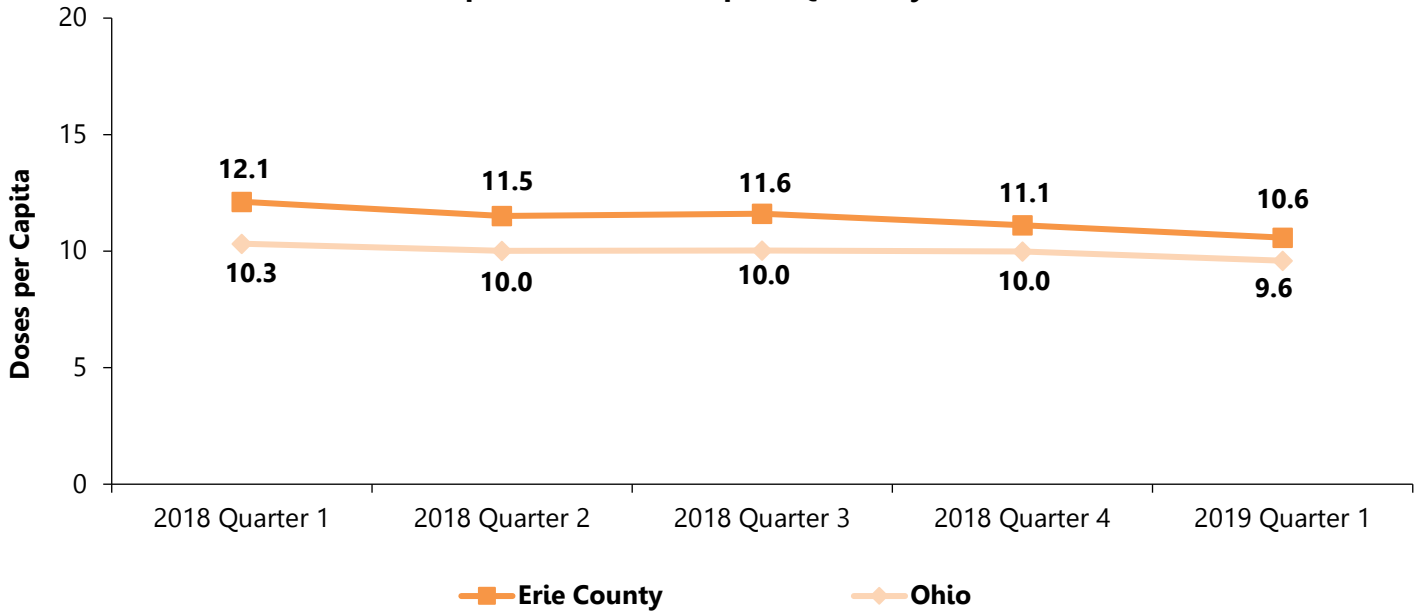
**Erie County and Ohio Number of Opiate and Pain Reliever Doses Per Capita from 2013 to 2018**



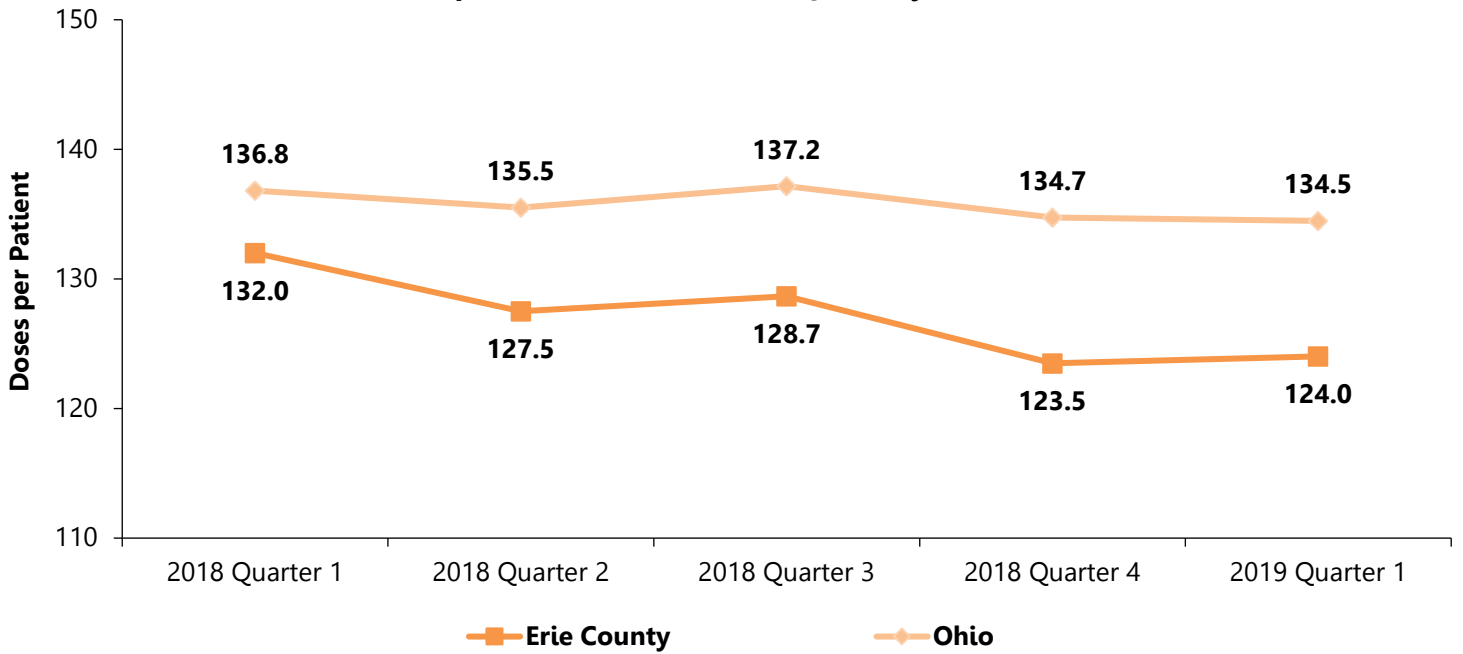
(Source for graphs: Ohio's Automated Rx Reporting System, 2013-2018, retrieved on 7/9/19)

The following graphs show Erie County and Ohio quarterly opiate and pain reliever doses per patient and doses per capita.

**Number of Opioid Doses Per Capita, Quarterly from 2018 to 2019**



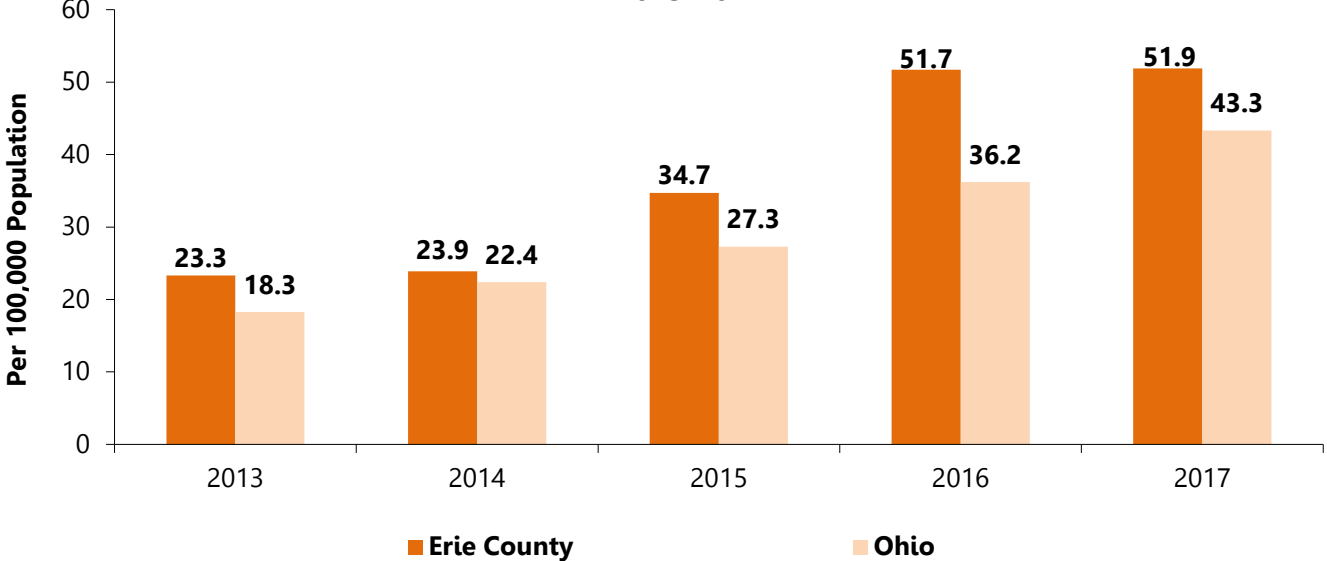
**Number of Opioid Doses Per Patient, Quarterly from 2018 to 2019**



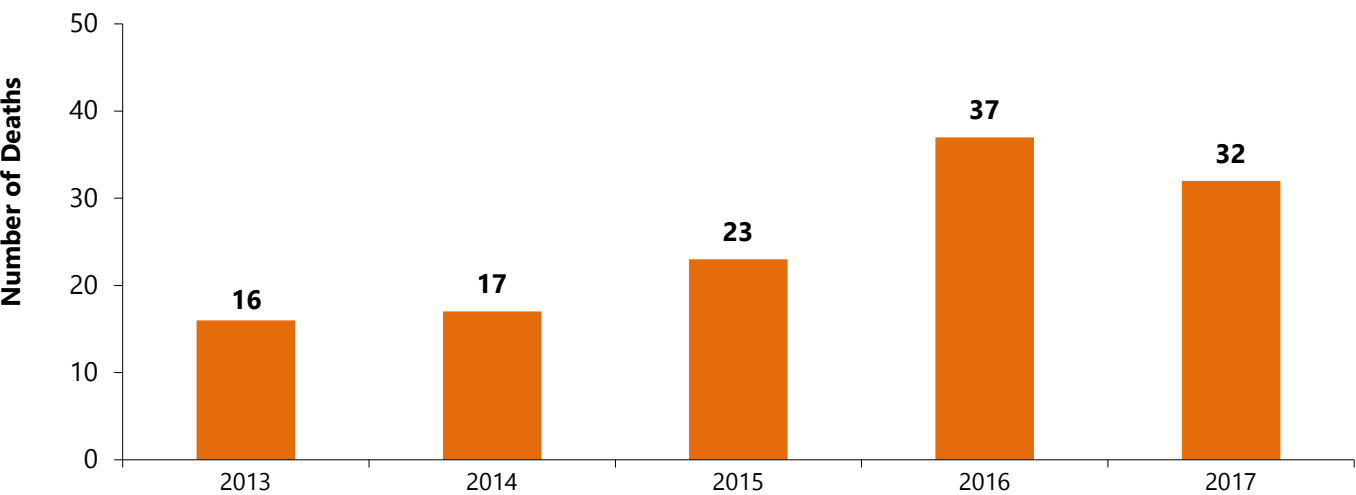
(Source for graphs: Ohio's Automated Rx Reporting System, 2018-2019, retrieved on 7/9/19)

The following graphs show the Erie County and Ohio age-adjusted unintentional drug overdose deaths and the number of unintentional drug overdoses from 2013 to 2017.

### Erie County and Ohio Age-Adjusted Unintentional Drug Overdose Death 2013-2017



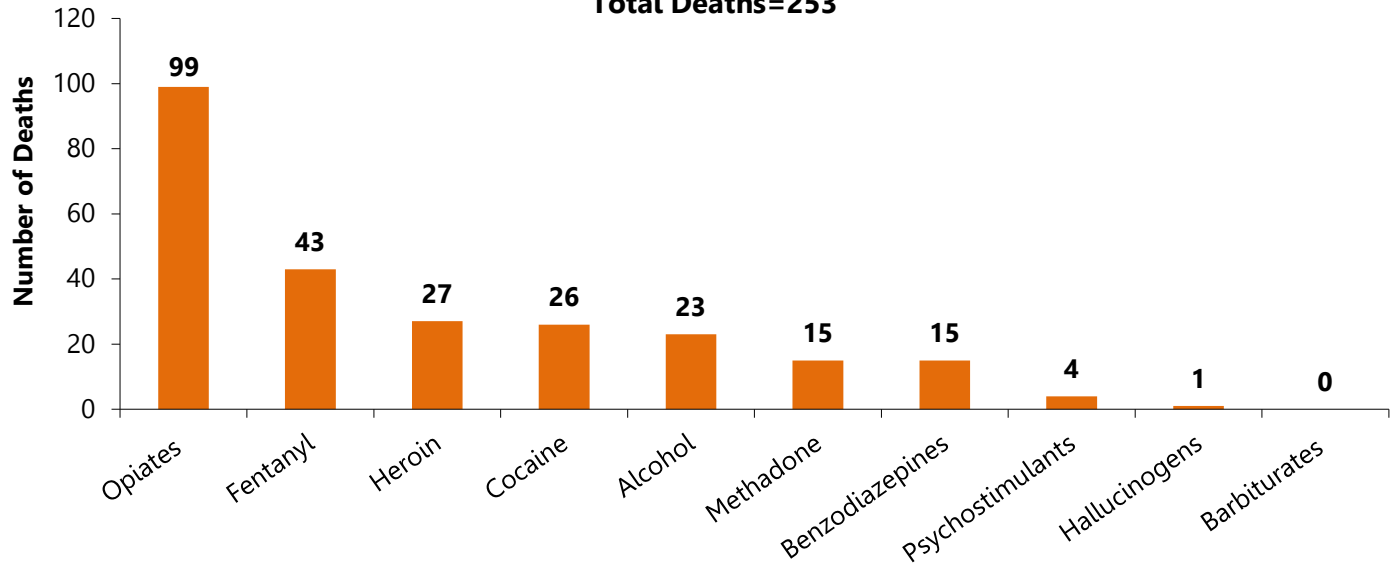
### Erie County Unintentional Drug Overdose Deaths, 2013-2017 Total Deaths=125



(Source for graphs: Ohio Public Health Data Warehouse, 2013-2017, Updated 7/9/19)

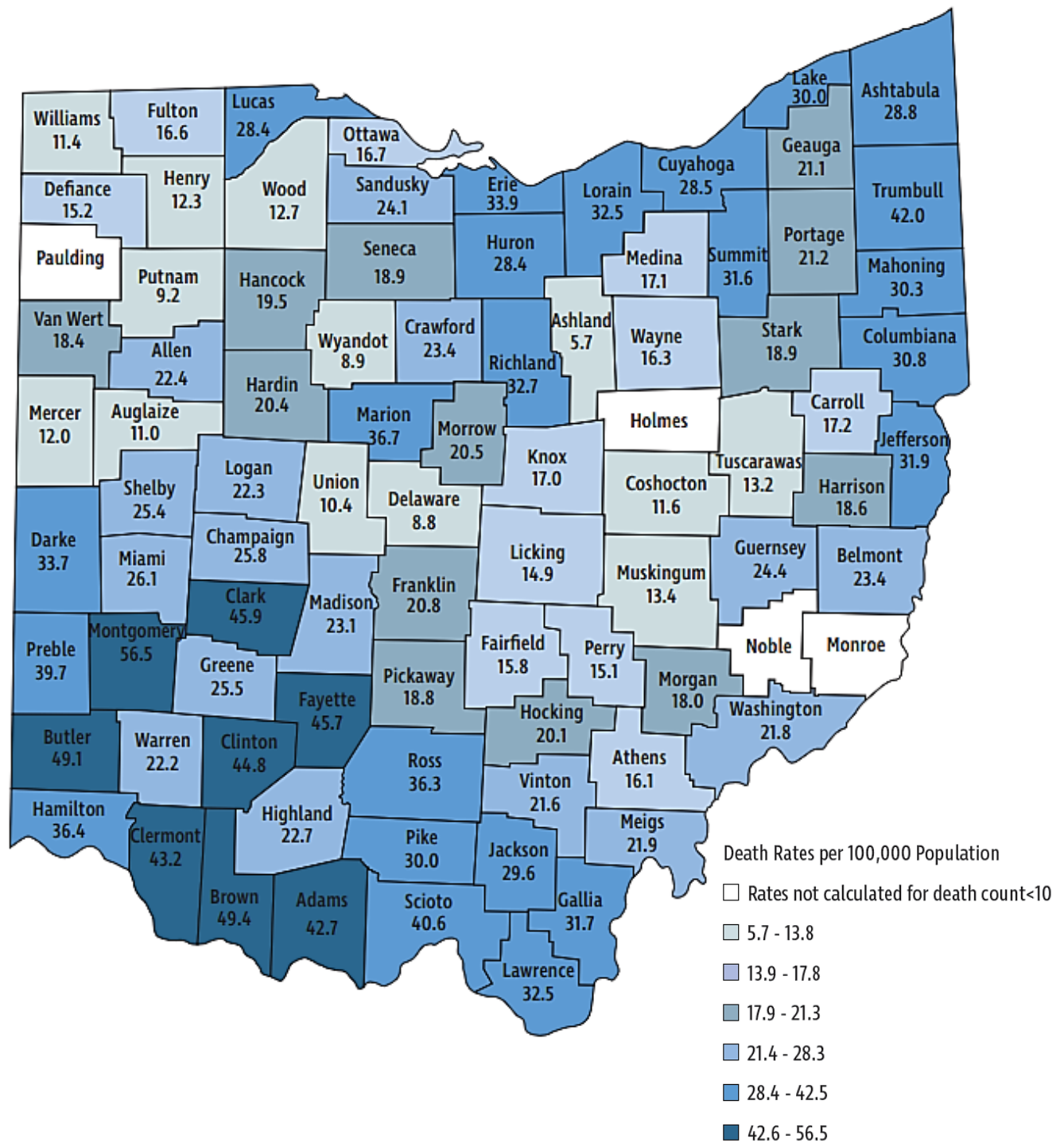
The following graph shows the number of unintentional drug overdose deaths by specific drug from 2007 to 2017 in Erie County.

**Erie County Unintentional Drug Overdose Death by Specific Drug,  
2007-2017**  
Total Deaths=253



(Source: Ohio Public Health Data Warehouse, 2007-2017 updated 7/9/19)

The following map illustrates the average age-adjusted drug overdose death rate per 100,000 population, by county from 2012-2017.



(Source: Ohio Department of Health, 2017 Ohio Drug Overdose Data: General Findings)

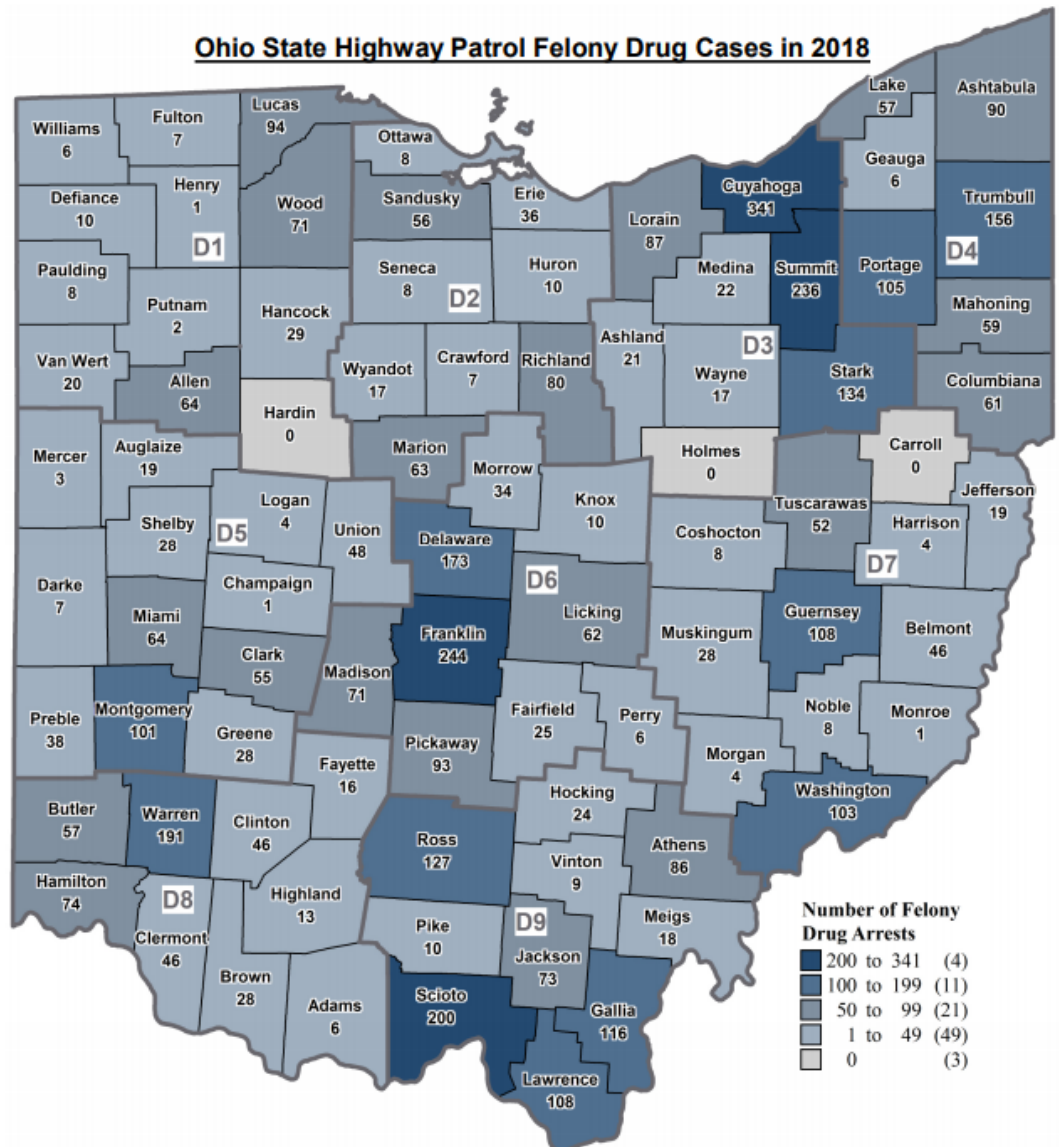
## Felony Cases and Drug Arrests January – June 2018

- Ohio State Highway Patrol (OSHP) investigated a wide range of felony offenses in 2018 including homicide/death (45); robbery/burglary (7); larceny (686); assault (2,170); false pretense (185); vice (4,768); property crimes (153); and various other types of felony offenses (307)
- OSHP Troopers made 16,956 total drug arrests in 2018 - a 2% increase from 2017 and a 20% rise over the previous 3-year average (2015-2017). Total drug arrests in 2018 were 76% higher than they were in 2013.

OSHP felony cases by type <sup>1</sup>	
Homicide/Death	45
Robbery/Burglary	7
Larceny	686
Assault	2,170
False pretense <sup>2</sup>	185
Vice <sup>3</sup>	4,768
Property crimes	153
Other investigations	307
<b>Total:</b>	<b>8,321</b>

OSHP drug arrests	
Total drug arrests	16,956
Felony drug cases	4,732

OSHP drug seizures in grams	
Marijuana	2,181,948
Cocaine	229,521
Methamphetamine	194,682
Heroin	133,383
OSHP scheduled pill seizures	
Opiate	25,475
Stimulant	4,700
Depressant	8,210
Hallucinogen	736



(Source: Ohio State Highway Patrol, Felony Cases and Drug Arrests, January – June 2018)



# Health Behaviors: Adult Sexual Behavior

## Key Findings

*Fifty-seven percent (57%) (approximately 33,595) of Erie County adults had sexual intercourse in the past year. Four percent (4%) (approximately 2,358) of adults had more than one sexual partner in the past year.*

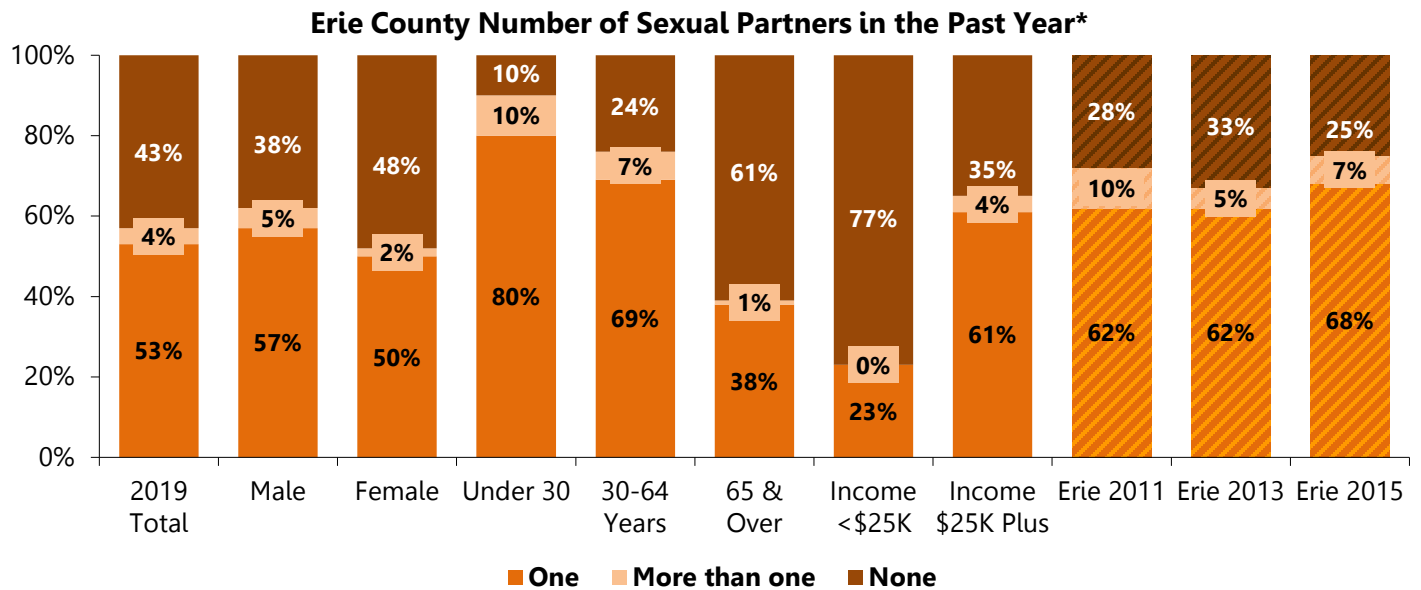
## Adult Sexual Behavior

- Fifty-seven percent (57%) (approximately 33,595) of Erie County adults had sexual intercourse in the past year. Four percent (4%) (approximately 2,358) of adults reported they had intercourse with more than one partner in the past year.
- Erie County adults used the following methods of birth control: they or their partner were too old (28%), vasectomy (14%), tubes tied (7%), hysterectomy (7%), infertility (5%), birth control pill (4%), condoms (3%), withdrawal (2%), abstinence (2%), ovaries or testicles removed (1%), rhythm method (1%), IUD (1%), contraceptive ring (<1%), shots (<1%), and contraceptive implant (<1%). Less than one percent (<1%) of adults reported they and their partners were trying to get pregnant. Five percent (5%) of Erie County adults were not using any method of birth control.
- The following situations applied to Erie County adults:
  - Had sex without a condom in the past year (11%)
  - Had anal sex without a condom in the past year (1%)
  - Had been treated for a sexually transmitted disease (STD) in the past year (1%)
  - Engaged in sexual activity following alcohol or another drug that they would not have done if sober (1%)
  - Had sex with someone they met on social media (1%)
  - Had four or more sexual partners in the past year (1%)
  - Had sex with someone they did not know (1%)
  - Had sexual activity with someone of the same gender (1%)
  - Tested positive for HPV (<1%)
  - Tested positive for Hepatitis C (<1%)
- Erie County adults have been diagnosed with the following sexually transmitted diseases (STDs) in the past 5 years: genital herpes (2%), human papilloma virus (HPV) (<1%), chlamydia (<1%), and other STDs (1%).
- Sixteen percent (16%) (approximately 9,430) of adults have been tested for HIV, increasing to 19% of females and 30% of those under the age of 30.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Had more than one sexual partner in past year</b>	10%	5%	7%	4%	N/A	N/A

*N/A – Not Available*

The following graph shows the number of sexual partners Erie County adults had in the past year. An example of how to interpret the information in the graph includes: 53% of all adults had one sexual partner in the past 12 months and 4% had more than one.



\*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"  
 Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

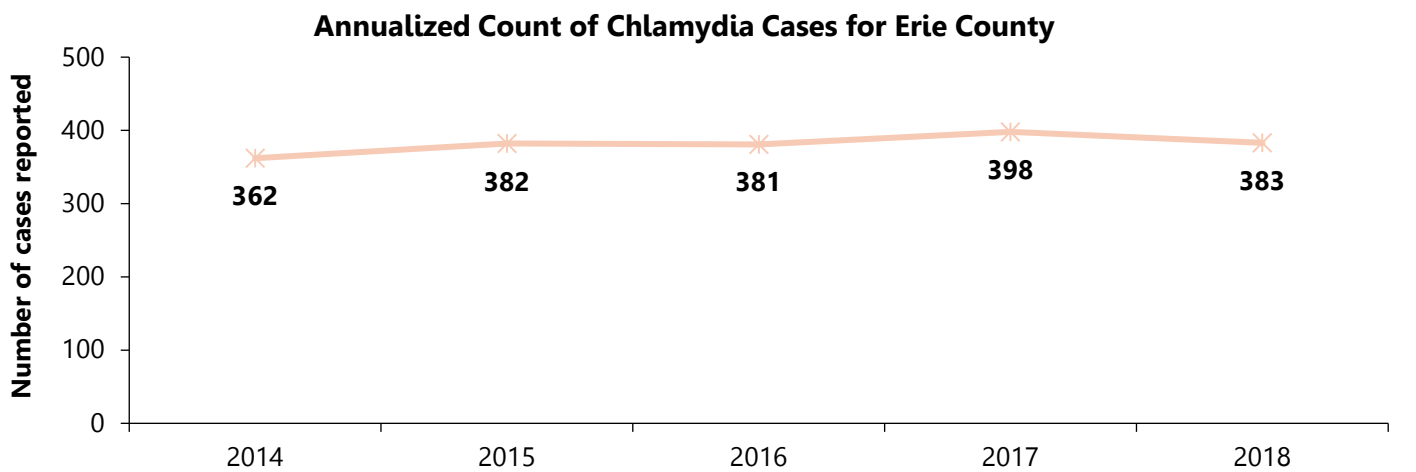
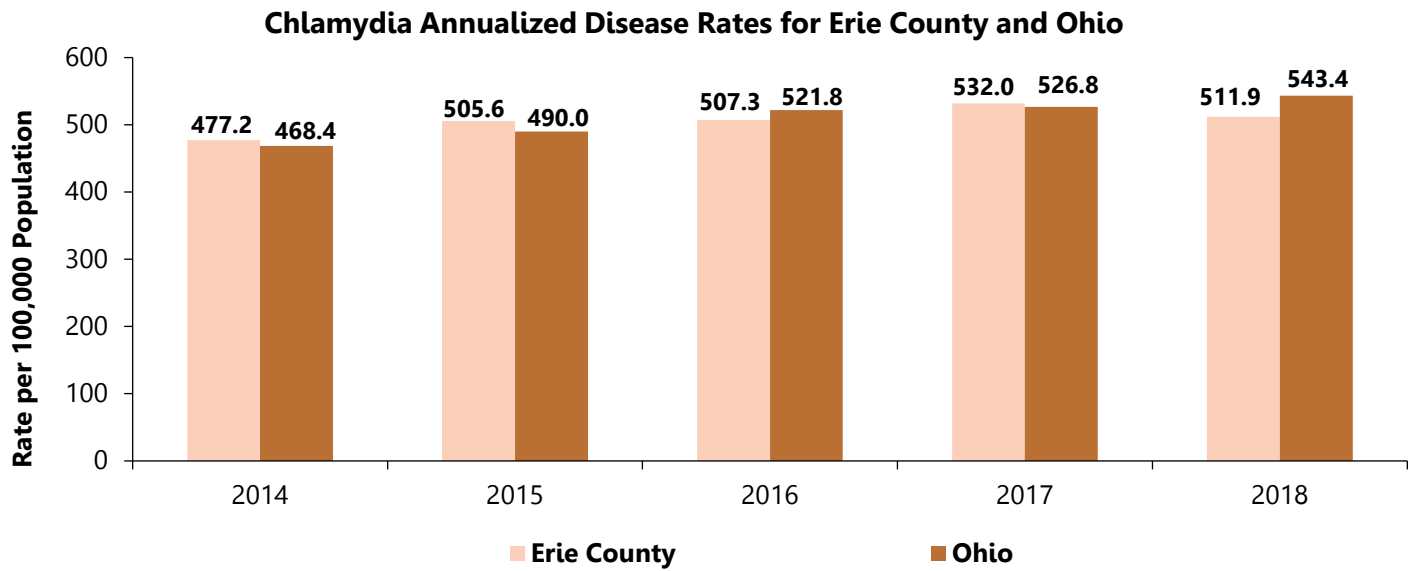
The following table shows the rate (per 100,000 population) and number of chlamydia, gonorrhea and syphilis cases from 2014 to 2018.

**Erie County Sexually Transmitted Disease (STD) Rates and Counts, 2014-2018**

	Chlamydia		Gonorrhea		Syphilis	
	Rate (per 100,000)	Number	Rate (per 100,000)	Number	Rate (per 100,000)	Number
<b>2014</b>	477.2	362	193.8	147	0	0
<b>2015</b>	505.6	382	206.5	156	2.6	2
<b>2016</b>	507.3	381	245.0	184	4.0	3
<b>2017</b>	532.0	398	332.8	249	18.7	14
<b>2018</b>	511.9	383	240.6	180	5.3	4

(Source: Ohio Department of Health, Sexually Transmitted Disease Surveillance)

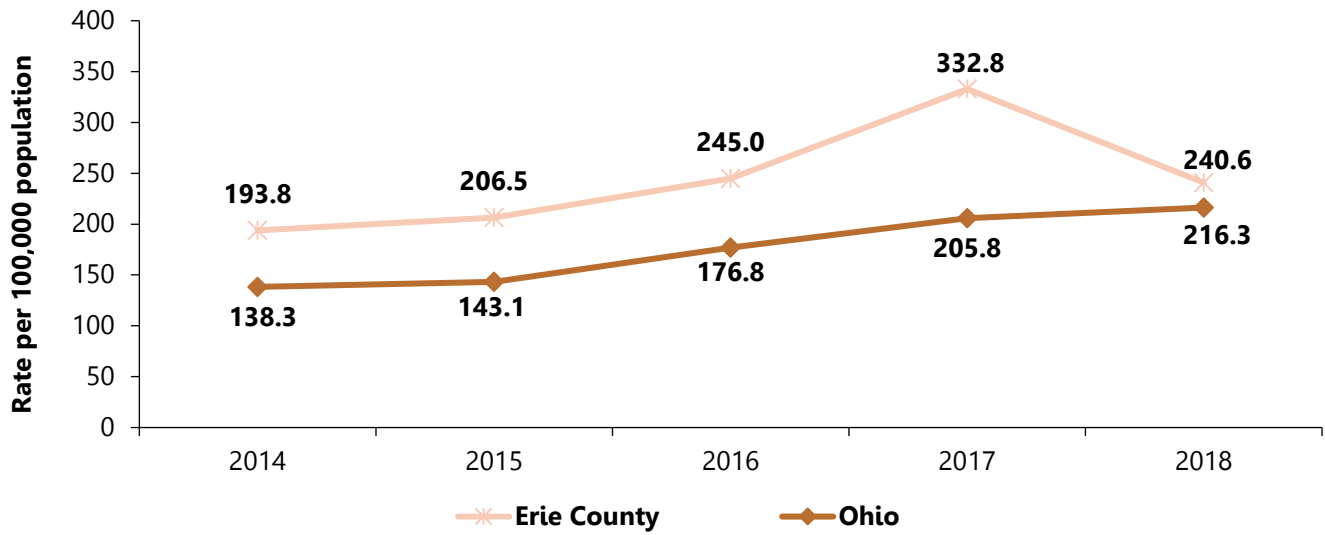
The following graphs show Erie County chlamydia disease rates per 100,000 population and the number of chlamydia disease cases.



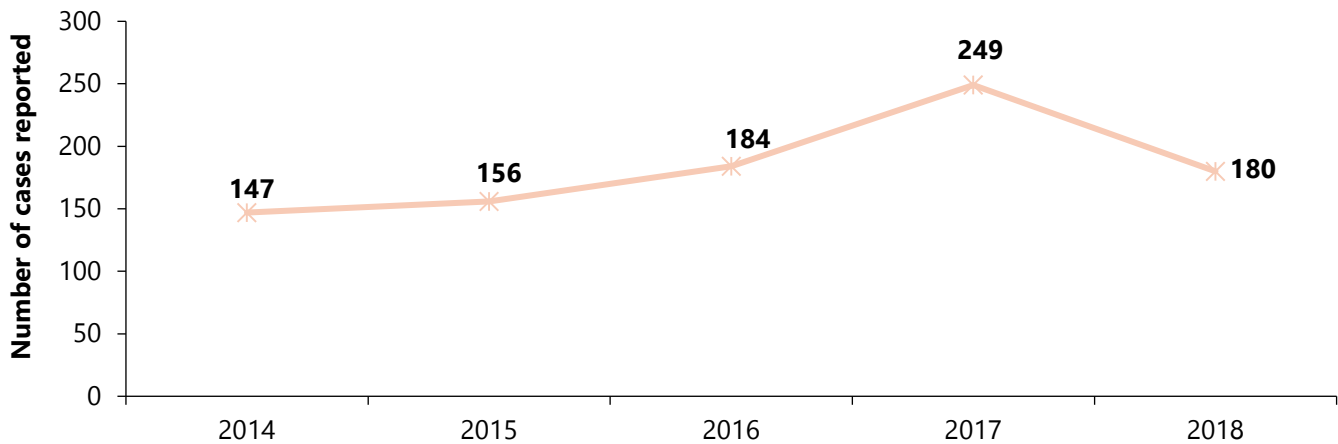
(Source for graphs: ODH, STD Surveillance, data reported through 5/2/19, updated on 7/9/19)

The following graphs show Erie County gonorrhea disease rates per 100,000 population and the number of gonorrhea disease cases.

**Gonorrhea Annualized Disease Rates for Erie County and Ohio**



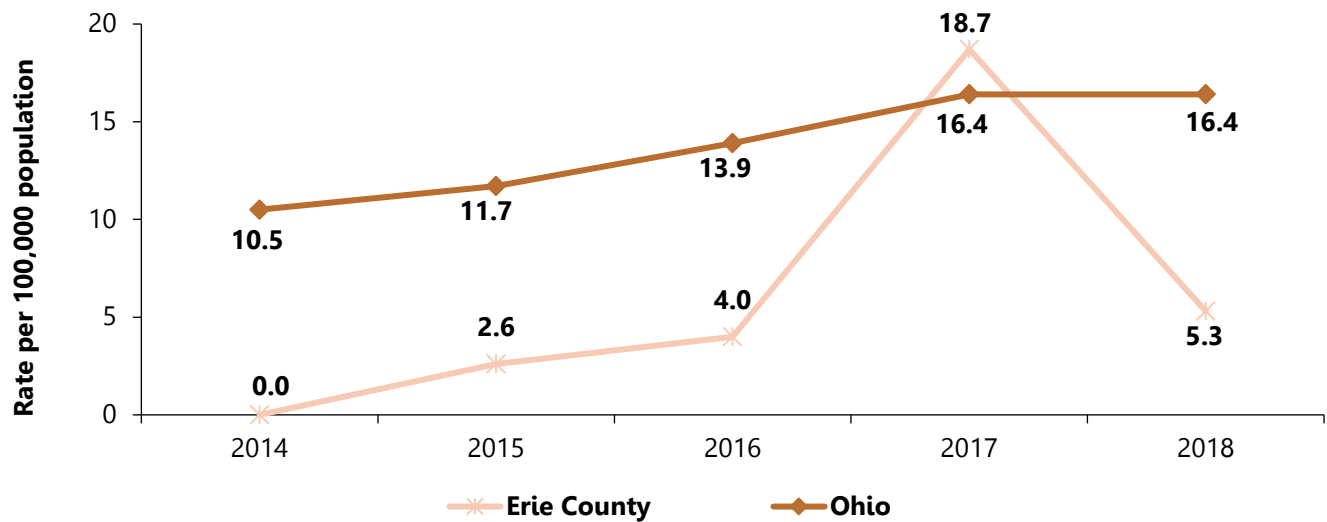
**Annualized Count of Gonorrhea Cases for Erie County**



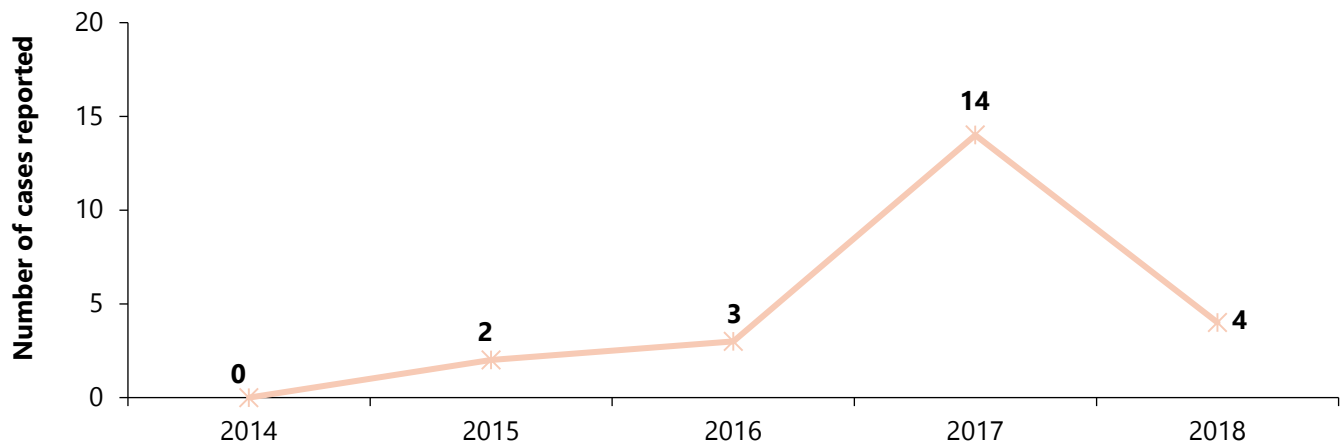
(Source for graphs: ODH, STD Surveillance, data reported through 5/2/19, updated on 7/9/19)

The following graphs show Erie County syphilis disease rates per 100,000 population and the number of syphilis disease cases.

**Syphilis Annualized Disease Rates for Erie County and Ohio**



**Annualized Count of Syphilis Cases for Erie County**



(Source for graphs: ODH, STD Surveillance, data reported through 5/2/19, updated on 7/9/19)

# Health Behaviors: Adult Mental Health

## Key Findings

In 2019, 8% (approximately 4,715) of Erie County adults reported they or someone they know considered attempting suicide in the past year. Sixteen percent (16%) (approximately 9,430) of adults reported they or family member were diagnosed with or treated for depression in the past year. Eight percent (8%) (approximately 4,715) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems.

## Adult Mental Health Status

- More than one-fifth (21%) (approximately 12,377) Erie County adults rated their mental health as not good on four or more days in the previous month.
- Erie County adults reported their mental health as not good on an average of 3.5 days in the previous month.
- Erie County adults were most likely to rate their mental health as not good if they:
  - Had an annual household income under \$25,000 (59%)
  - Were under the age of 30 (50%)
  - Were female (48%)

The table shows the percentage of adults with poor mental health in the past 30 days.

Mental Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
<b>Mental Health Not Good in Past 30 Days*</b>					
<b>Males</b>	63%	8%	3%	2%	14%
<b>Females</b>	52%	16%	8%	1%	16%
<b>Total</b>	60%	11%	5%	1%	15%

\*Totals may not equal 100% as some respondents answered, "Don't know".

## Adult Mental Health

- Erie County adults reported they or someone they know experienced the following in the past 12 months:
  - Felt so sad or hopeless almost everyday for two weeks or more in a row that they stopped doing usual activities (14%) (approximately 8,251)
  - Seriously considered attempting suicide (8%) (approximately 4,715)
  - Attempted suicide (4%) (approximately 2,358)
  - Purposefully hurt themselves (self-harm) (3%) (approximately 1,768)
- Erie County adults experienced the following almost every day for two weeks or more in a row when they were feeling sad, blue, or depressed:
  - Felt fatigued/no energy (18%)
  - Had trouble sleeping or slept too much (14%)
  - Woke up before they wanted (11%)
  - Had trouble thinking or concentrating (10%)
  - Lost interest in most things (10%)
  - Felt worthless or hopeless (7%)
  - Had a weight/appetite change (6%)
  - Felt extremely restless/slowed down (6%)
  - Thought about death and suicide (4%)

- Twelve percent (12%) (approximately 7,073) of adults in Erie County reported they had ever been told they had a depressive disorder, including depression, major depression, dysthymia, or minor depression.
- One percent (1%) (approximately 589) Erie County adults reported they heard voices or saw things that other people could not see, increasing to 10% of those under the age of 30.
- Erie County adults reported they or a family member were diagnosed with, or treated for, the following mental health issues in the past year:
  - Depression (16%)
  - Anxiety or emotional problems (15%)
  - An anxiety disorder (e.g., panic attacks, phobia, obsessive compulsive disorder) (10%)
  - Attention deficit disorder (ADD/ADHD) (5%)
  - Bipolar disorder (3%)
  - Post-traumatic stress disorder (PTSD) (3%)
  - Alcohol and illicit drug abuse (4%)
  - Autism spectrum (2%)
  - Eating disorder (1%)
  - Developmental disability (cognitive/intellectual) (1%)
  - Other trauma (1%)
  - Psychotic disorder (e.g., schizophrenia, schizoaffective disorder) (<1%)
  - Life-adjustment disorder/issue (3%)
  - Problem gambling (1%)
  - Some other mental health disorder (1%)
- Seventeen percent (17%) of adults indicated they or a family member had taken medication for one or more mental health issues.
- Erie County adults dealt with stress in the following ways: prayer/meditation (40%), talked to someone they trust (33%), exercised (32%), listened to music (29%), slept (25%), ate more or less than normal (25%), worked (22%), worked on a hobby (21%), drank alcohol (15%), smoked tobacco (6%), talked to a professional (5%), took it out on others (4%), used prescription drugs as prescribed (3%), used illegal drugs (1%), and other ways (9%).
- Erie County adults received the social and emotional support they needed from the following: family (57%), friends (43%), God/prayer (40%), church (21%), neighbors (8%), a professional (4%), Internet (3%), community (1%), text crisis line (1%), self-help group (1%), online support group (<1%), and other (2%). Ten percent (10%) reported they did get the social and emotional support they needed. Over one-fifth (22%) of adults reported they did not need support/could handle it themselves.
- Eight percent (8%) (approximately 4,715) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (11%), could not afford to go (4%), co-pay/deductible too high (3%), transportation (3%), stigma of seeking mental health services (2%), fear (1%), could not get to the office/clinic (1%), other priorities (1%), did not know how to find a program (1%), could not find a mental health doctor or provider (<1%), and other reasons (4%). Nearly three-fourths (74%) of adults indicated they did not need such a program.

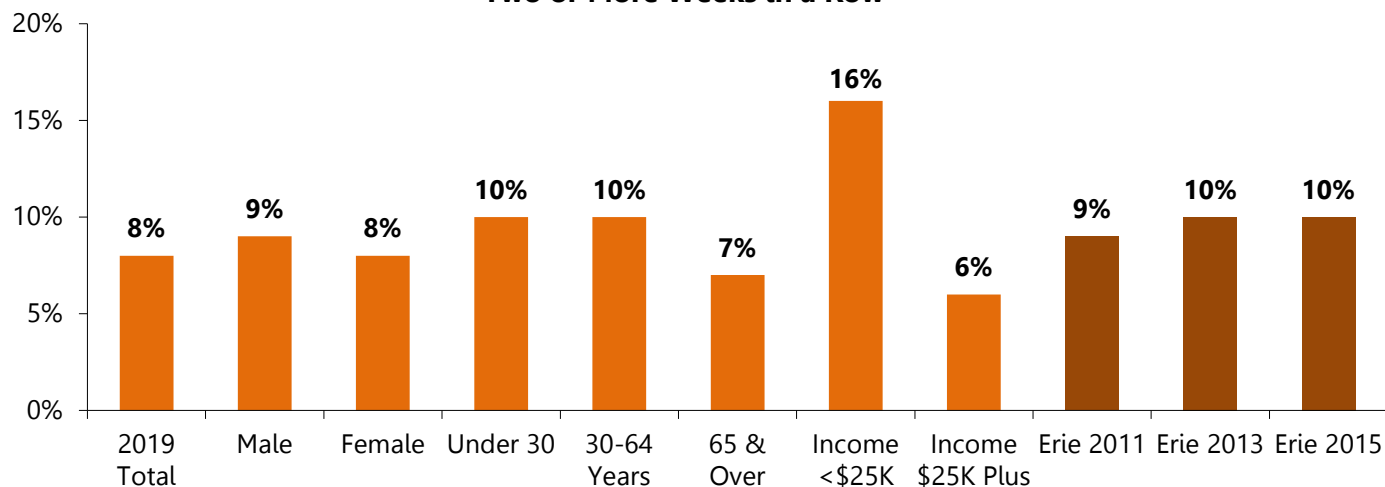
Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
<b>Rated mental health as not good on four or more days</b> (in the past 30 days)	18%	23%	19%	21%	26%	24%
<b>Average number of days that mental health not good</b> (in the past 30 days)	N/A	3.6	3.1	3.5	4.3 <sup>‡</sup>	3.8 <sup>‡</sup>
<b>Considered attempting suicide in the past year</b>	3%	2%	3%	4%	N/A	N/A
<b>Attempted suicide in the past year</b>	1%	<1%	1%	1%	N/A	N/A
<b>Felt so sad or hopeless almost every day for two weeks or more in a row</b>	9%	10%	10%	8%	N/A	N/A
<b>Ever been told they have a form of depression</b>	N/A	15%	17%	12%	23%	21%

N/A-Not Available

<sup>‡</sup>2016 BRFSS data as compiled by 2019 County Health Rankings

The following graph shows Erie County adults who felt so sad or hopeless for two or more weeks in a row in the past year. An example of how to interpret the information includes: 8% of all adults felt sad or hopeless for two or more weeks in a row, including 16% of those with an income less than \$25,000.

### Erie County Adults Who Felt So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row

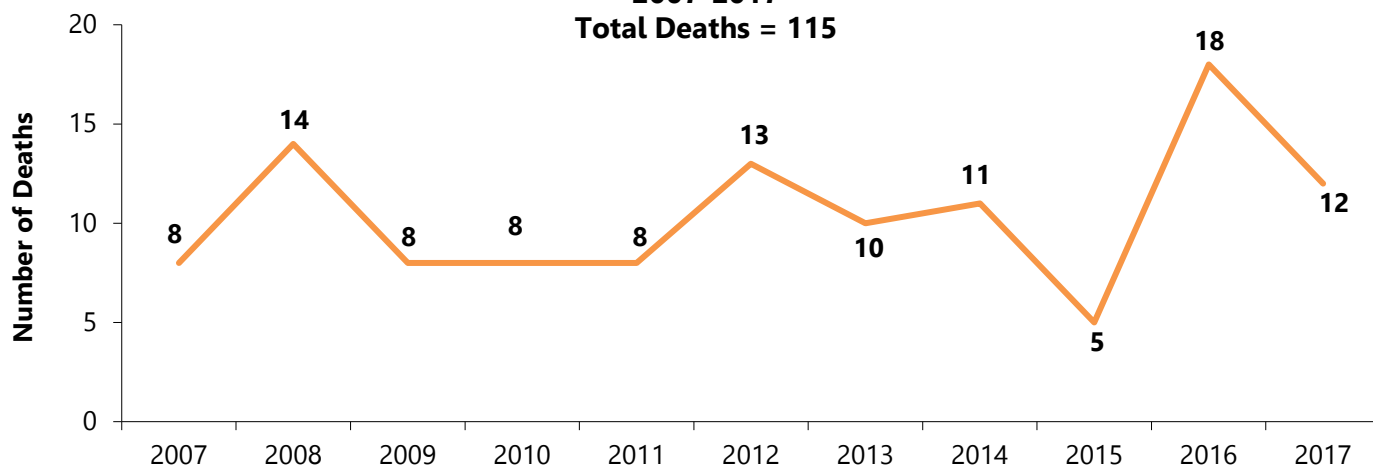


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The graph below shows the number of suicide deaths by year from 2007 to 2017 in Erie County. The graph shows:

- From 2007 to 2017, there was an average of 10.4 suicides per year in Erie County.

### Erie County Number of Suicide Deaths By Year 2007-2017



(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

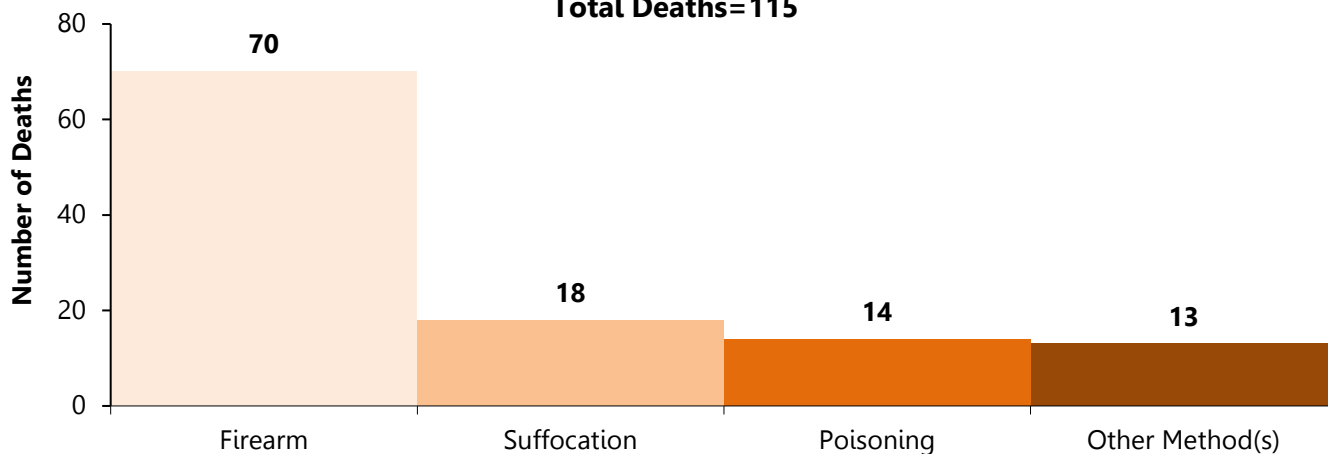


The graphs below show the number of suicide deaths by means and age group from 2007 to 2017 in Erie County. The graphs show:

- Sixty-one percent (61%) of deaths by suicide in Erie County from 2007 to 2017 were completed by firearms.
- Most deaths by suicide from 2007 to 2017 in Erie County occurred in the 60 and over age group.

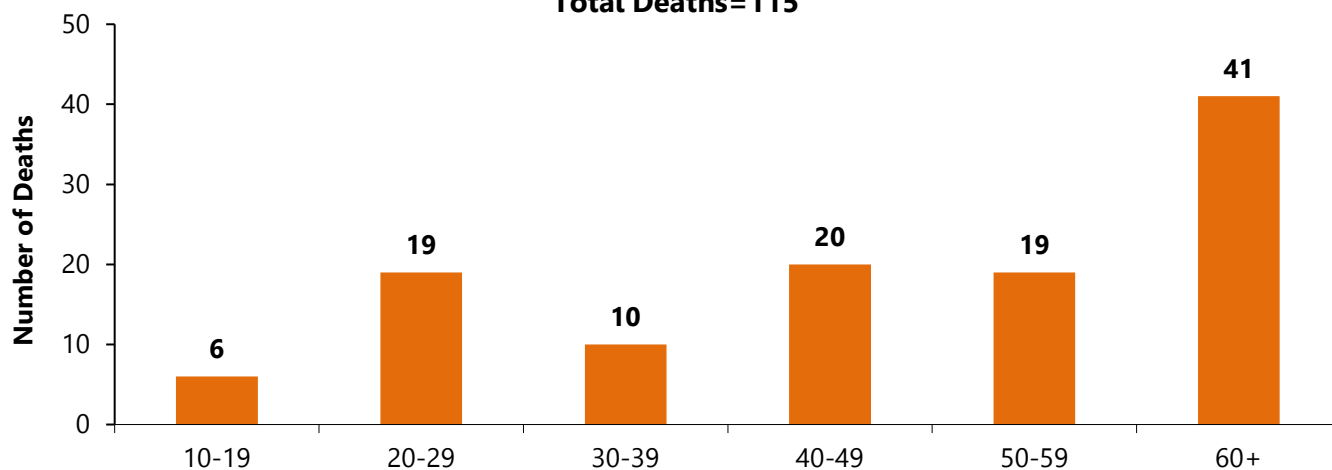
### Erie County Number of Suicide Deaths By Mechanism 2007-2017

Total Deaths=115



### Erie County Number of Suicide Deaths By Age Group 2007-2017

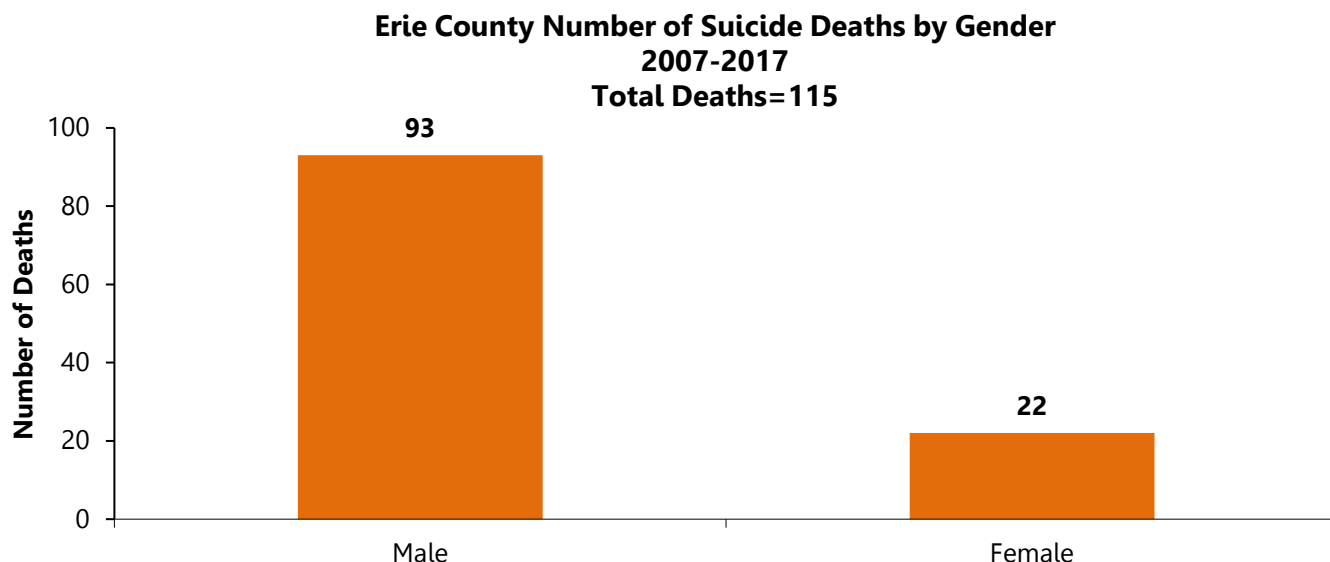
Total Deaths=115



(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

The graph below shows the number of suicide deaths by gender from 2007 to 2017 in Erie County. The graph shows:

- From 2007 to 2017, Erie County males were four times more likely to die by suicide than females.



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

### Suicide Rising Across the U.S.

- Suicide is a leading cause of death in the U.S.
- Suicide rates have increased more than 30% in half of states since 1999.
- Nearly 45,000 lives were lost to suicide in 2016.
- More than half (54%) of people who died by suicide did not have a known mental health condition.
- Many factors contribute to suicide among those with and without known mental health conditions. For instance, relationship problems, crisis in the past or upcoming two weeks, physical health problems, problematic substance use, or job/financial problems.
- Making sure government, public health, healthcare, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.
- States and communities can:
  - Identify and support people at risk of suicide.
  - Teach coping and problem-solving skills to help people manage challenges with their relationships, jobs, health, or other concerns.
  - Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.
  - Offer activities that bring people together, so they feel connected and not alone.
  - Connect people at risk to effective and coordinated mental and physical healthcare.
  - Expand options for temporary help for those struggling to make ends meet.
  - Prevent future risk of suicide among those who have lost a loved one to suicide.

(Source: CDC, Suicide rising across the US, Updated on June 7, 2018)

# Chronic Disease: Cardiovascular Health

## Key Findings

In 2019, 8% (approximately 4,715) of adults had survived a heart attack and 5% (approximately 2,947) had survived a stroke at some time in their life. Forty-eight percent (48%) (approximately 28,291) of Erie County adults had high blood cholesterol, 48% (approximately 28,291) had high blood pressure, 32% (approximately 18,860) were obese, and 12% (approximately 7,073) were current smokers, four known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- Eight percent (8%) (approximately 4,715) adults reported they had survived a heart attack or myocardial infarction, increasing to 11% of those over the age of 65.
- Five percent (5%) (approximately 2,947) of Erie County adults reported they had survived a stroke, increasing to 8% of those over the age of 65.
- Eight percent (8%) (approximately 4,715) of adults reported they had angina or coronary heart disease, increasing to 10% of those over the age of 65.
- One percent (1%) (approximately 589) of adults reported they had congestive heart failure, increasing to 3% of those with incomes less than \$25,000 and 4% of those over the age of 65.

## High Blood Pressure (Hypertension)

- Forty-eight percent (48%) (approximately 28,291) adults had been diagnosed with high blood pressure.
- Eight percent (8%) (approximately 4,715) of adults were told they were pre-hypertensive/borderline high.
- Ninety-seven percent (97%) of adults with high blood pressure were taking medication for their high blood pressure.
- Erie County adults diagnosed with high blood pressure were more likely to have:
  - Been ages 65 years or older (63%)
  - Incomes less than \$25,000 (52%)
  - Been classified as obese by body mass index (35%)
  - Rated their overall health as fair or poor (27%)

### Erie County Leading Causes of Death 2015-2017

*Total Deaths: 2,926*

- Heart Disease (21% of all deaths)
- Cancer (20%)
- Chronic Lower Respiratory Diseases (8%)
- Accidents, Unintentional Injuries (6%)
- Alzheimer's Disease (6%)

*(Source: Ohio Public Health Data Warehouse, 2015-2017)*

### Erie County African American Leading Causes of Death 2015-2017

*Total Deaths: 224*

- Heart Disease (21% of all deaths)
- Cancer (19%)
- Alzheimer's Disease (6%)
- Nephritis (6%)
- Diabetes (5%)
- Stroke (5%)

*(Source: Ohio Public Health Data Warehouse, 2015-2017)*

### Ohio Leading Causes of Death 2015-2017

*Total Deaths: 361,238*

- Heart Disease (23% of all deaths)
- Cancer (21%)
- Accidents, Unintentional Injuries (7%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)

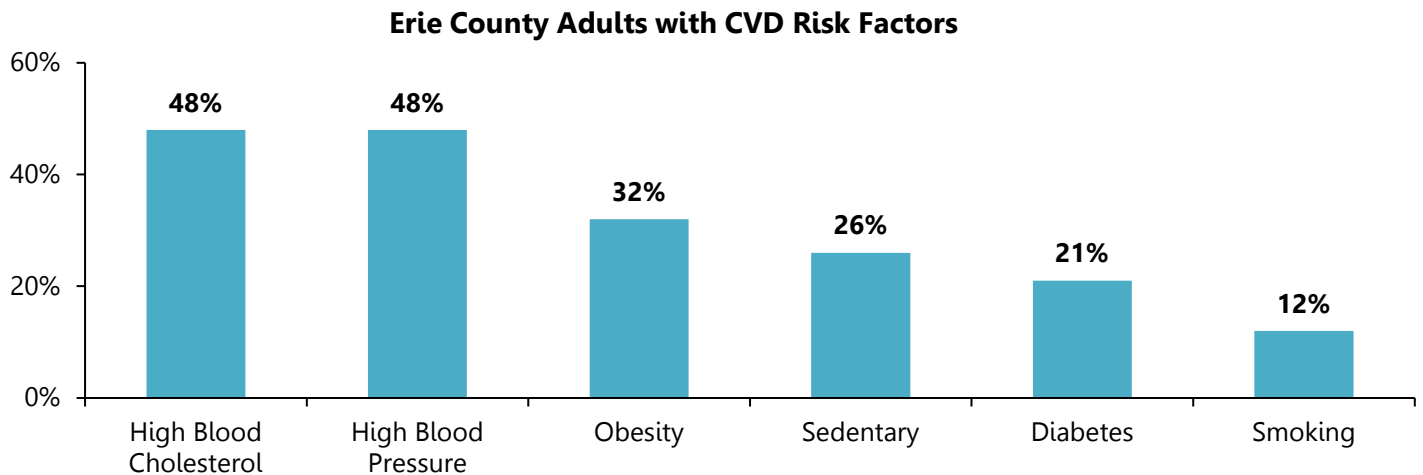
*(Source: Ohio Public Health Data Warehouse, 2015-2017)*

**28,291 Erie County adults had been diagnosed with high blood pressure.**

## High Blood Cholesterol

- Nearly half (48%) (approximately 28,291) of Erie County adults had been diagnosed with high blood cholesterol.
- Erie County adults with high blood cholesterol were more likely to have:
  - Incomes less than \$25,000 (60%)
  - Been ages 65 years or older (59%)
  - Been classified as obese by body mass index (36%)
  - Rated their overall health as fair or poor (21%)

The following graph shows the percentage of Erie County adults who had major risk factors for developing cardiovascular disease (CVD).



Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Had angina or coronary heart disease	N/A	N/A	6%	8%	5%	4%
Had a heart attack	4%	7%	6%	8%	6%	4%
Had a stroke	2%	4%	4%	5%	4%	3%
Had high blood pressure	28%	31%	36%	48%	35%	32%
Had high blood cholesterol	31%	35%	39%	48%	33%	33%

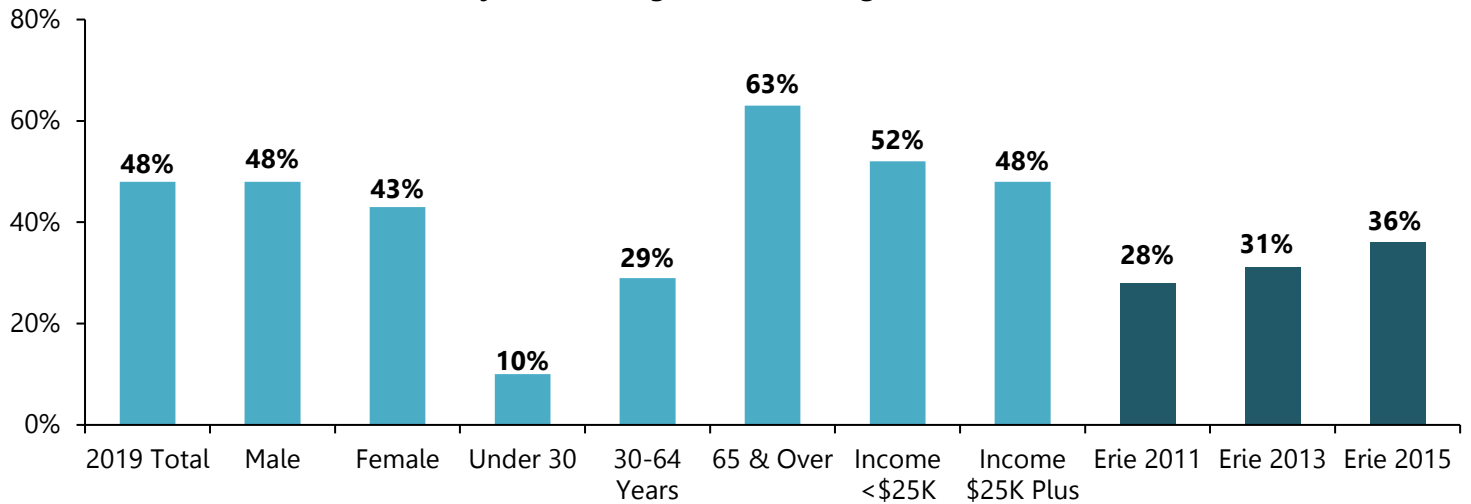
## Healthy People 2020 Objectives Heart Disease and Stroke

Objective	2019 Erie Survey Population Baseline	2017 U.S. Baseline	Healthy People 2020 Target
<b>HDS-5: Reduce proportion of adults with hypertension</b>	48%	32% Adults age 18 and up	27%
<b>HDS-7: Reduce the proportion of adults with high total blood cholesterol (TBC)</b>	48%	33% Adults age 20+ with TBC > 240 mg/dl	14%

Note: All U.S. figures age-adjusted to 2000 population standard.  
(Sources: 2019 Erie County Health Assessment, 2017 BRFSS, Healthy People 2020)

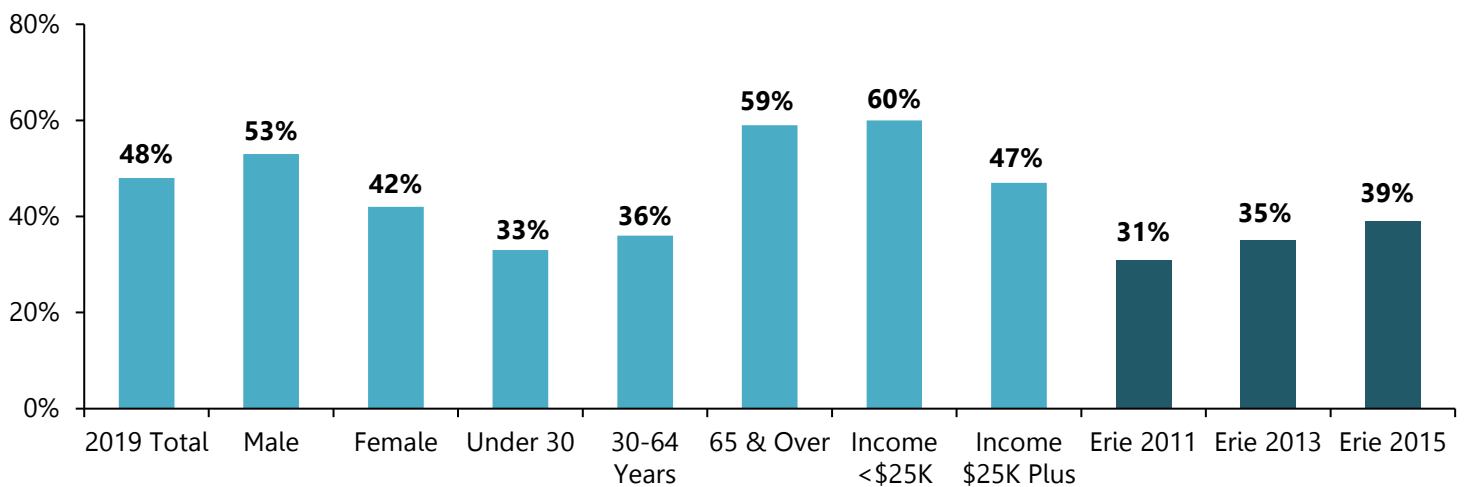
The following graphs show the percentage of Erie County adults who had been diagnosed with high blood pressure and high blood cholesterol. An example of how to interpret the information on the first graph includes: 48% of all Erie County adults had been diagnosed with high blood pressure, including 63% of those over the age of 65.

### Erie County Adults Diagnosed with High Blood Pressure\*



\*Does not include respondents who indicated high blood pressure during pregnancy only.

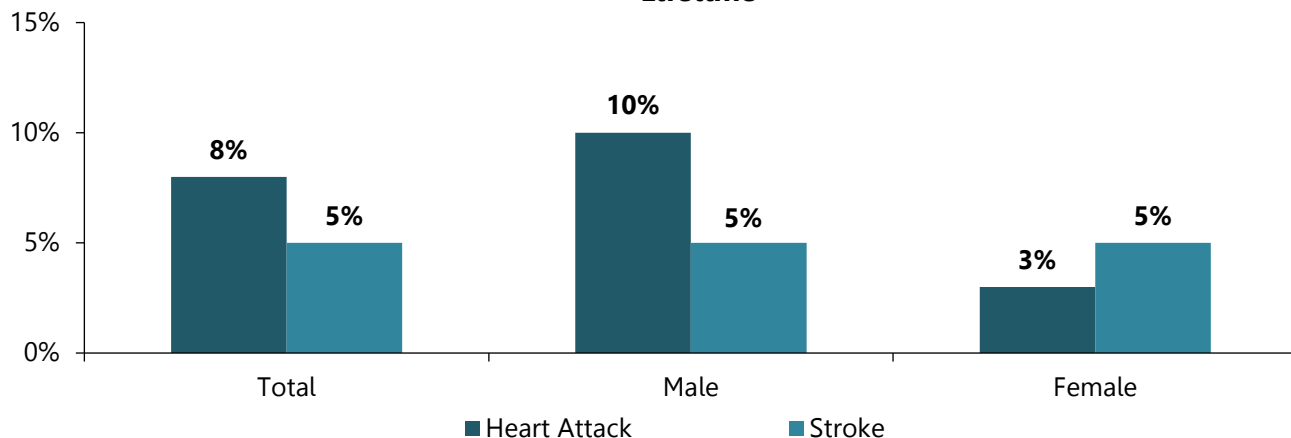
### Erie County Adults Diagnosed with High Blood Cholesterol



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the percentage of Erie County adults who had survived a heart attack or stroke in their lifetime by gender. An example of how to interpret the information includes: 10% of Erie County males survived a heart attack compared to 5% of females.

### Erie County Adults Who Had Survived a Heart Attack or Stroke In Their Lifetime



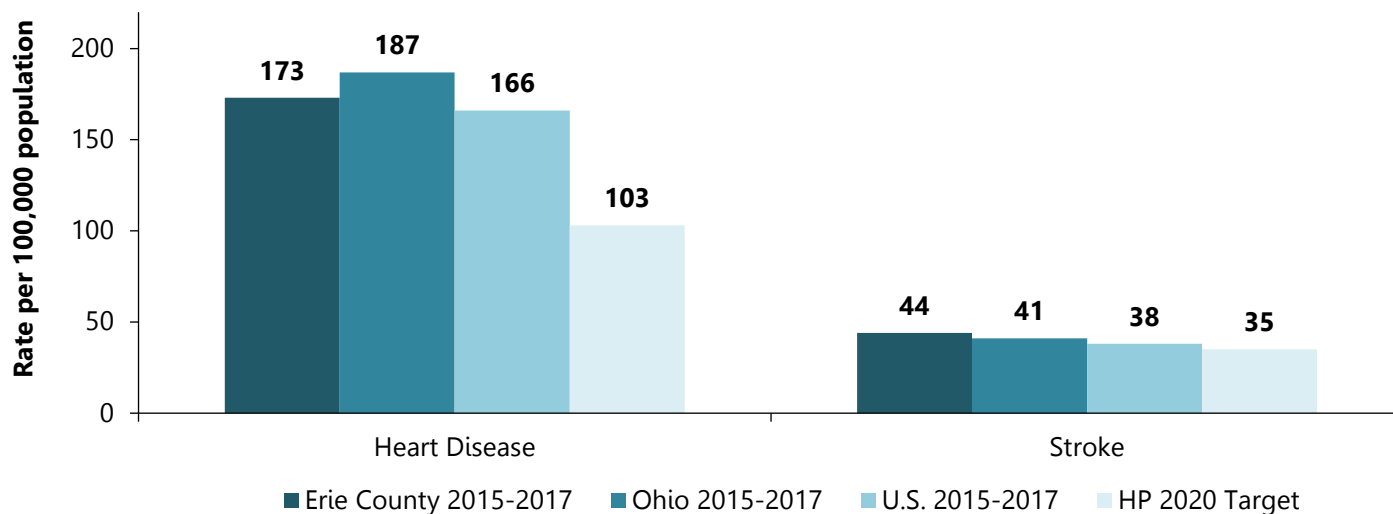
(Source: 2019 Erie County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke.

- When age differences are accounted for, the statistics indicate that from 2015 to 2017 the Erie County heart disease mortality rate was lower than the Ohio rate, but higher than the U.S. rate and the Healthy People 2020 target objective.
- The Erie County age-adjusted stroke mortality rate was higher than the state, the U.S., and the Healthy People 2020 target objective from 2015 to 2017.

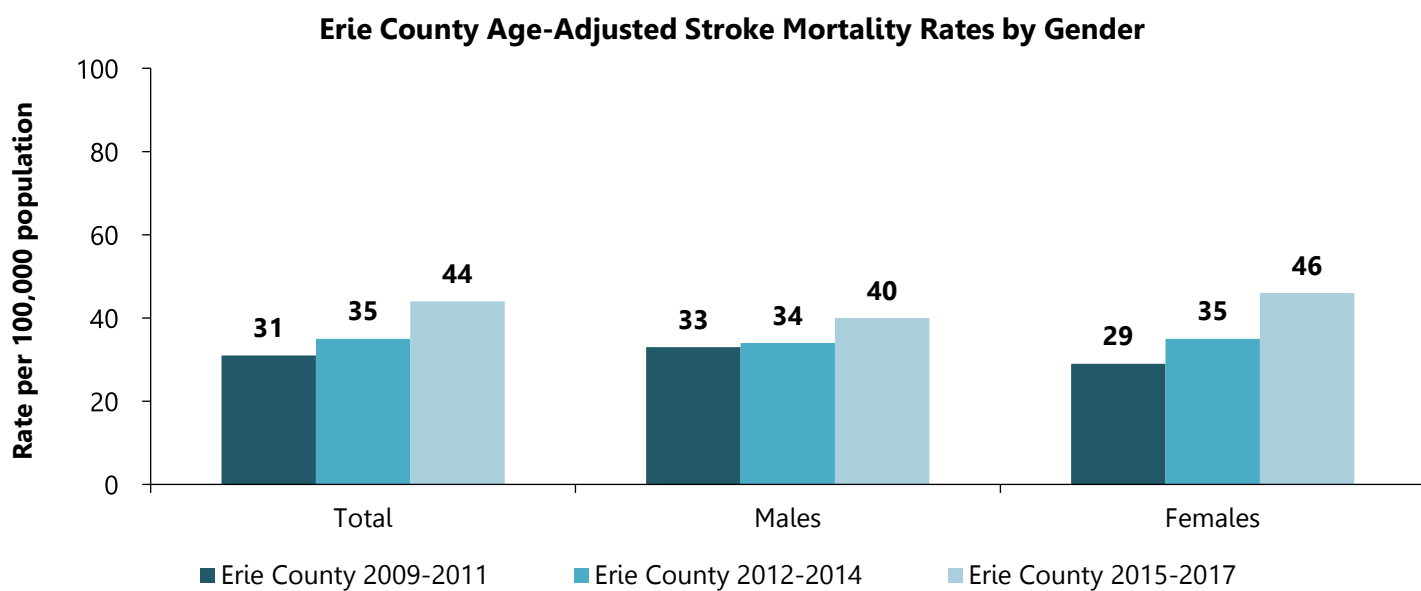
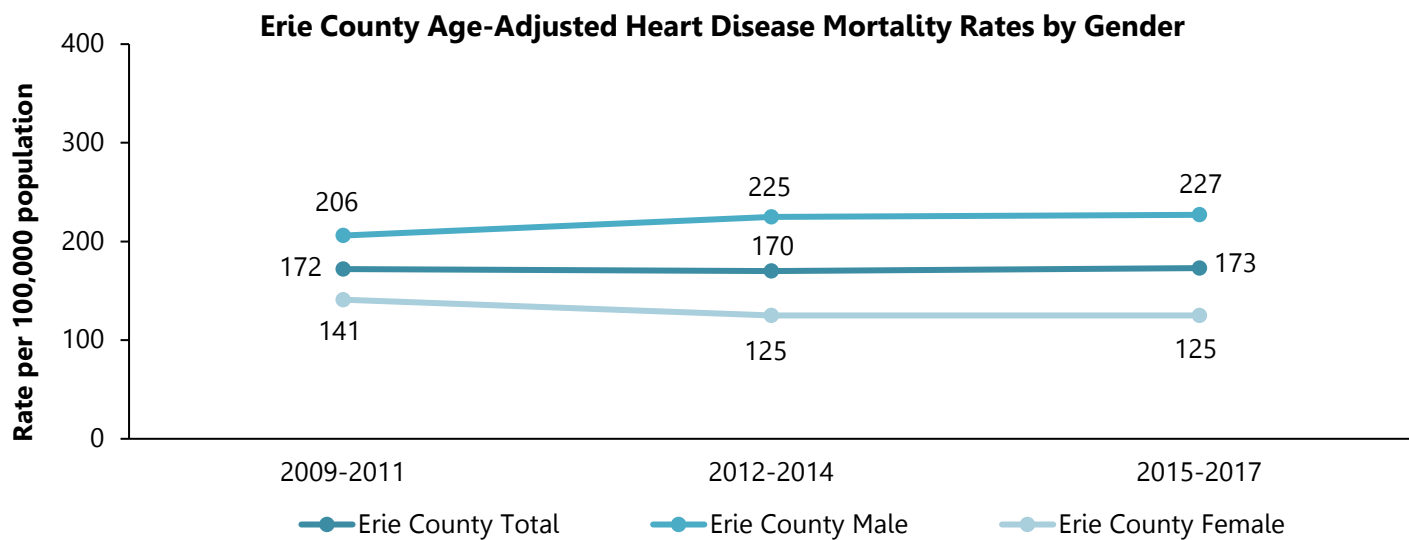
### Erie County Age-Adjusted Heart Disease and Stroke Mortality Rates



(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017 and Healthy People 2020)

The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

- From 2009 to 2017, the total Erie County age adjusted heart disease mortality rate stayed steady.
- From 2009 to 2017, the Erie County stroke mortality rate increased for both males and females.

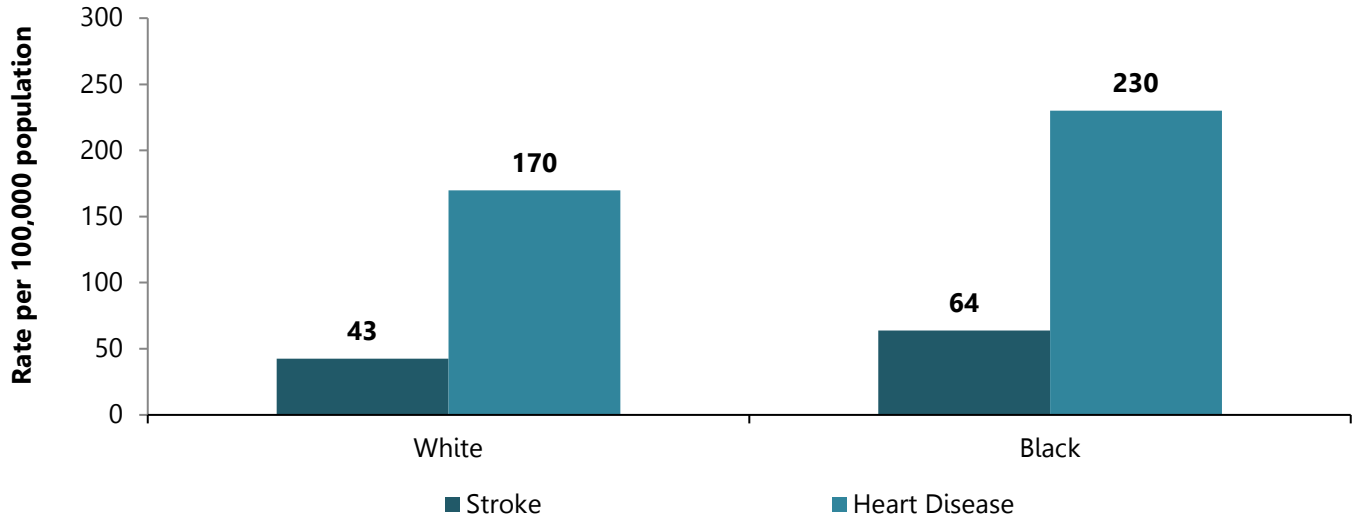


(Source for graphs: Ohio Public Health Data Warehouse, 2009-2017)

The following graph shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke by race. The graph shows:

- From 2015-2017, the age-adjusted stroke mortality rate and heart disease mortality rate was higher in the black population than the white population.

**Erie County Age-Adjusted Heart Disease and Stroke Mortality Rates by Race\*, 2015-2017**



*\*Races represented are white and black. All other races were not available due to low rates.  
(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 10/15/2019)*



# Chronic Disease: Cancer

## Key Findings

In 2019, 23% (approximately 13,556) of Erie County adults had been diagnosed with cancer at some time in their life.

## Cancer

- Twenty-three percent (23%) (approximately 13,556) of Erie County adults were diagnosed with cancer at some point in their lives.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (37%), prostate (23%), breast (22%), melanoma (11%), endometrial (7%), bladder (4%), cervical (4%), colon/intestine (2%), pharyngeal (2%), renal (2%), leukemia (1%), Non-Hodgkin's lymphoma (1%), oral (1%), lung (1%), and other types of cancer (10%).

## Cancer Facts

- The Ohio Public Health Data Warehouse indicates that from 2015-2017, cancers caused 20% (591 of 2,926 total deaths) of all Erie County resident deaths. (Source: Ohio Public Health Data Warehouse, 2015-2017).
- The American Cancer Society states that about 606,880 Americans are expected to die of cancer in 2019, which translates to about 1,660 deaths per day. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease. Nearly 1 of every 7 deaths is associated with cancer (Source: American Cancer Society, Facts & Figures 2019).

## Erie County Incidence of Cancer, 2012-2016

All Types: 2,664 cases

- Breast: 380 cases (14%)
- Lung and Bronchus: 360 (14%)
- Colon and Rectum: 286 cases (11%)
- Prostate: 260 cases (10%)

**From 2015-2017, there were 591 cancer deaths in Erie County.**

(Source: Ohio Cancer Incidence, ODH Ohio Public Health Data Warehouse, Updated 7/8/19)

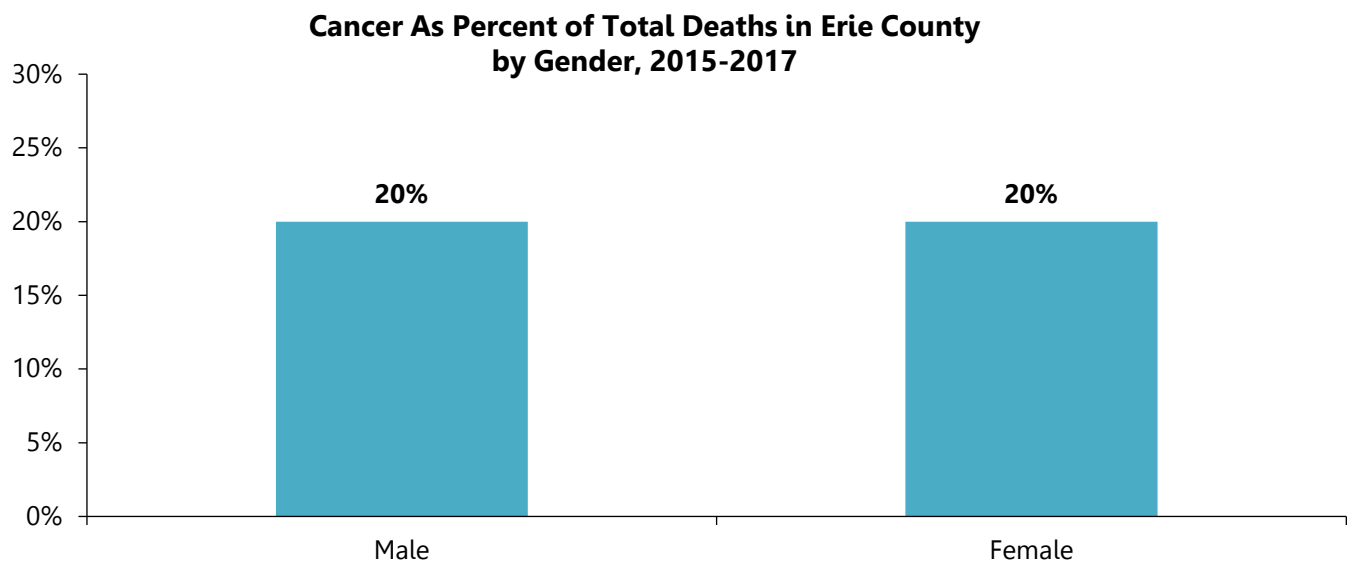
## Erie County African American Incidence of Cancer, 2012-2016

All Types: 184 cases

- Prostate: 29 cases (16%)
- Breast: 26 cases (14%)
- Colon and Rectum: 23 cases (13%)
- Lung and Bronchus: 22 (12%)

(Source: Ohio Cancer Incidence, ODH Ohio Public Health Data Warehouse, Updated 7/8/19)

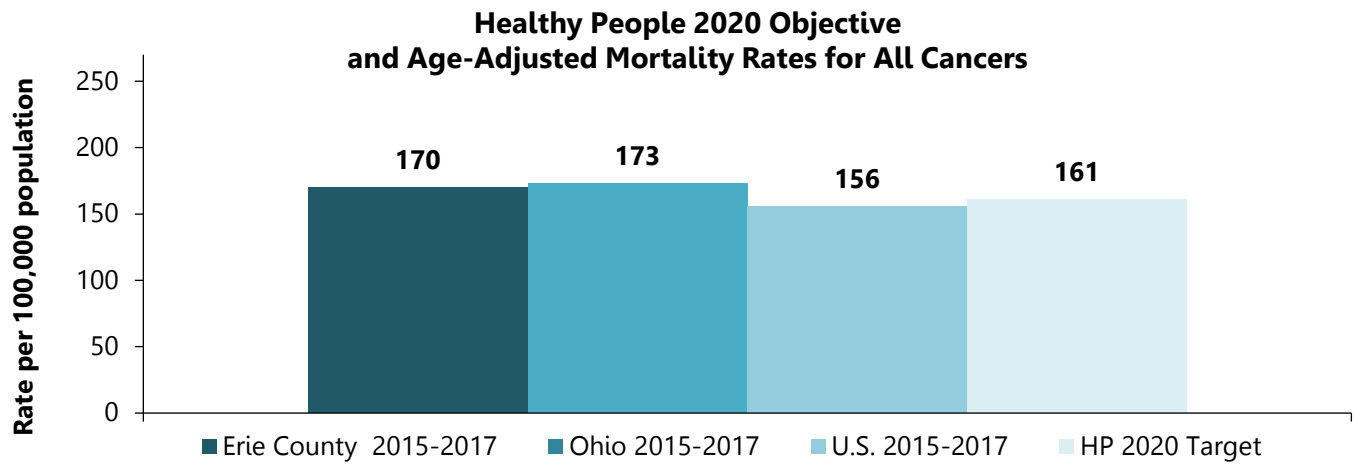
The following graph shows cancer as a percent of total deaths in Erie County by gender.



(Source: Ohio Public Health Data Warehouse, 2015-2017)

The following graph shows the Erie County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective. The graph shows:

- The Erie County age-adjusted cancer mortality rate was higher than the U.S. rate and the Healthy People 2020 target objective, but lower than the Ohio rate.



(Source: Ohio Public Health Data Warehouse, 2015-2017, CDC Wonder, 2015-2017, Healthy People 2020)

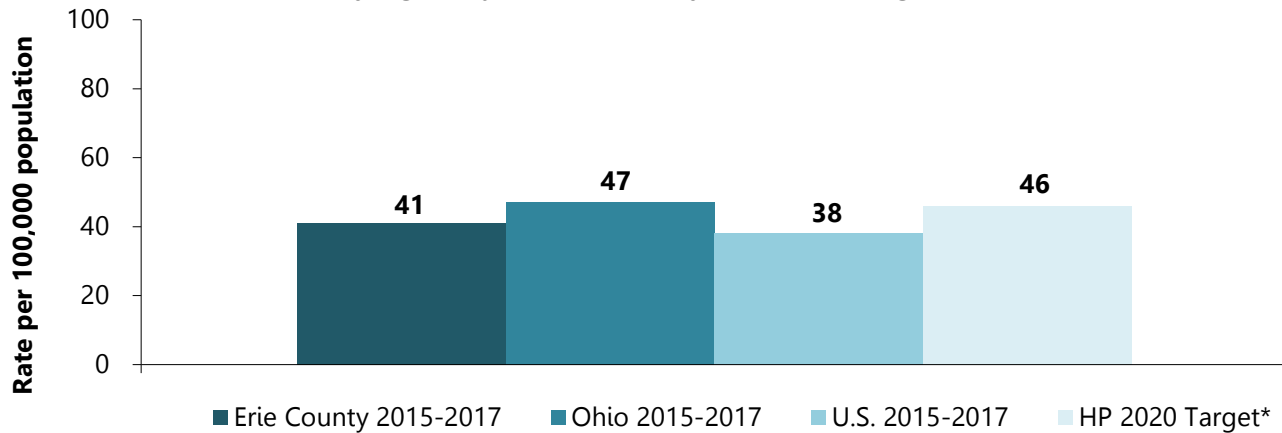
**13,556 Erie County adults had been diagnosed with cancer at some point in their lives.**

### Lung Cancer

- In Erie County, 18% of male adults were current smokers, and 27% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- Approximately 23% of female adults in Erie County were current smokers, and 25% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- The Ohio Department of Health (ODH) reports that lung and bronchus cancer was the leading cause of male cancer deaths (n=83) and female cancer deaths (n=66) from 2015-2017 in Erie County. (Source: Ohio Public Health Data Warehouse, 2015-2017).
- According to the American Cancer Society, smoking causes 81% of lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers. (Source: American Cancer Society, Facts & Figures 2019).

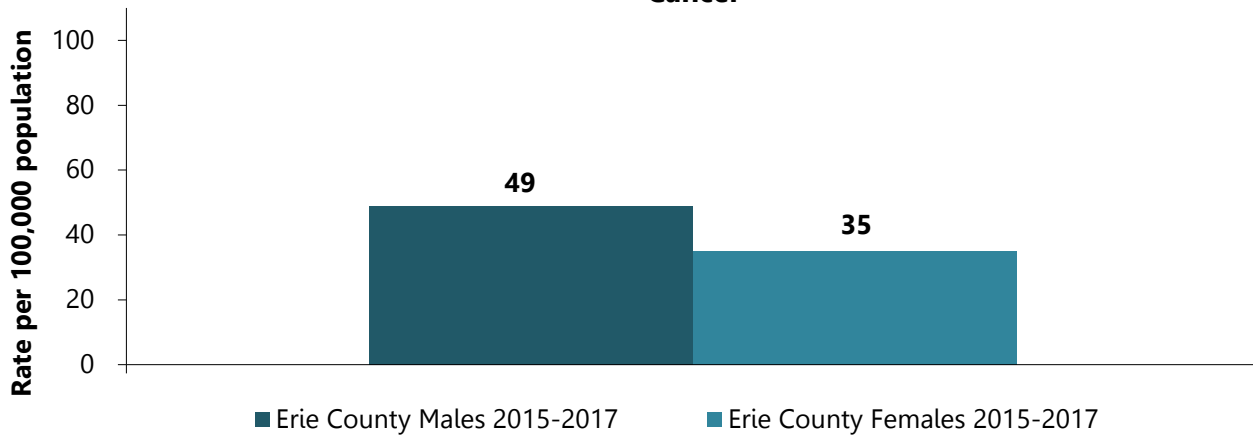
The following graphs show the Erie County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for lung and bronchus cancer in comparison with the Healthy People 2020 objective, as well as by gender.

**Erie County Age-Adjusted Mortality Rates for Lung and Bronchus Cancer**



\*Healthy People 2020 Target data is for lung cancer only  
 (Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2015-2017, CDC Wonder 2015-2017)

**Erie County Age-Adjusted Mortality Rates by Gender for Lung and Bronchus Cancer**

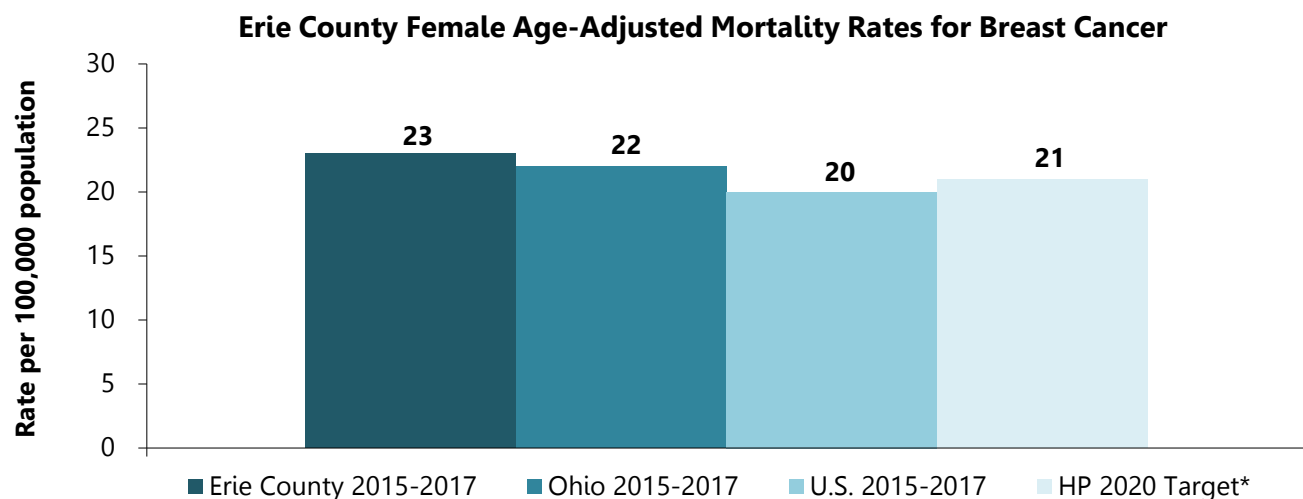


(Source: Healthy People 2020, Ohio Public Health Data Warehouse 2015-2017)

## Breast Cancer

- Forty-six percent (46%) of Erie County females reported having had a clinical breast examination in the past year.
- Over two-fifths (64%) of Erie County females over the age of 40 had a mammogram in the past year.
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommend that those 40 to 44 years of age have the option to begin annual mammography, those 45 to 54 should undergo annual mammography, and those 55 years of age and older may transition to biennial mammography or continue annual mammography. Women should continue mammography as long as overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30.  
 (Source: American Cancer Society, Facts & Figures 2019).

The following graph shows the Erie County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for breast cancer in comparison with the Healthy People 2020 objective.

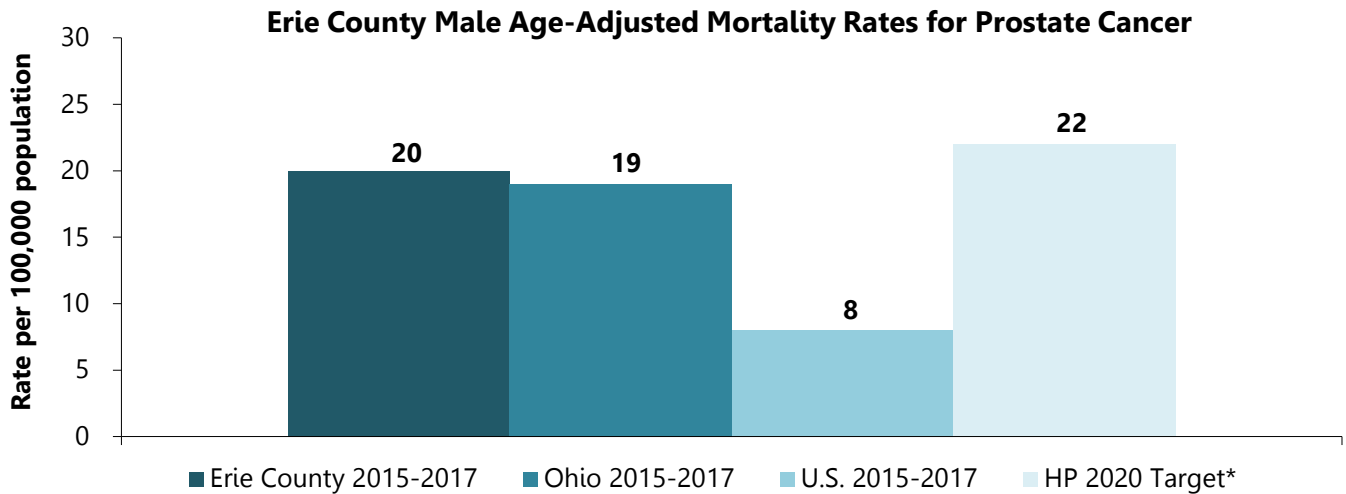


(Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2015-2017, CDC Wonder 2015-2017)

## Prostate Cancer

- Sixty-nine percent (69%) of males age 40 and over had a PSA test at some time in their life, and 53% had one in the past two years.
- Sixty-seven percent (67%) of men had a digital rectal exam in their lifetime and 24% had one in the past year.
- ODH statistics indicate that prostate cancer deaths accounted for 10% of all male cancer deaths from 2015-2017 in Erie County. (Source: Ohio Public Health Data Warehouse, 2015-2017).
- No organizations presently endorse routine prostate cancer screening for men at average risk because of concerns about the high rate of overdiagnosis (detecting disease that would never have caused symptoms), along with the significant potential for serious side effects associated with prostate cancer treatment. The American Cancer Society recommends that beginning at age 50, men who are at average risk of prostate cancer and have a life expectancy of at least 10 years have a conversation with their health care provider about the benefits and limitations of PSA testing and make an informed decision about whether to be tested based on their personal values and preferences. Men at high risk of developing prostate cancer (black men or those with a close relative diagnosed with prostate cancer before the age of 65) should have this discussion beginning at age 45, and men at even higher risk (those with several close relatives diagnosed at an early age) should have this discussion beginning at age 40. (Source: American Cancer Society, Facts & Figures 2019).

The following graph shows the Erie County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for prostate cancer in comparison with the Healthy People 2020 objective.

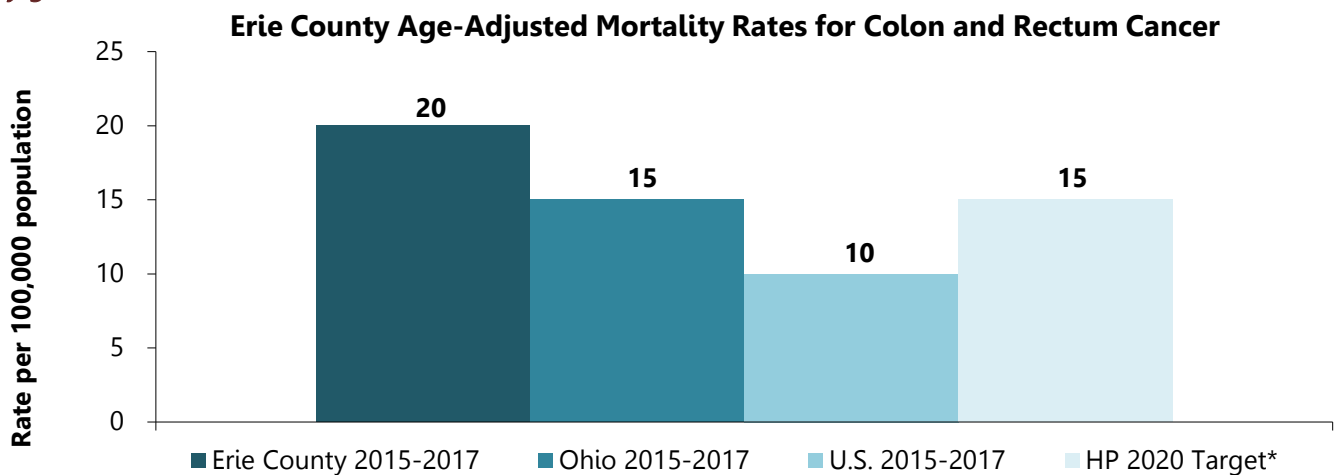


(Sources: Healthy People 2020, Ohio Public Health Data Warehouse 2015-2017, CDC Wonder 2015-2017)

### Colon and Rectum Cancers

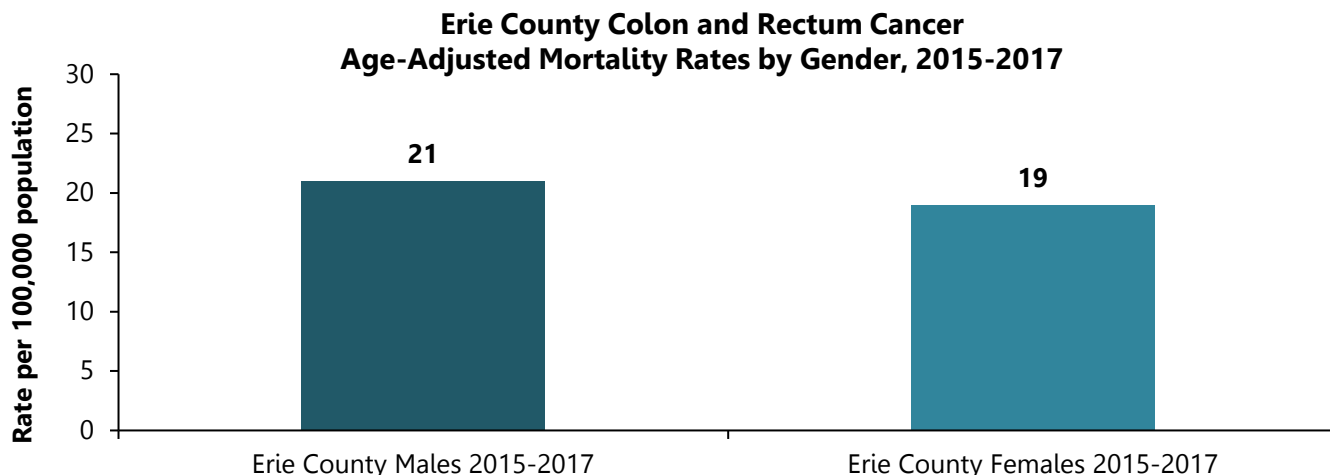
- In 2019, 53% of Erie County adults ages 50 and over had a colonoscopy in the past five years. Forty-six percent (46%) of adults ages 50 and over had a stool test, 15% had a CT colonoscopy, and 11% had a flexible sigmoidoscopy within the past five years.
- ODH indicates that colon and rectum cancer deaths accounted for 12% of all male and female cancer deaths from 2015-2017 in Erie County. (Source: Ohio Public Health Data Warehouse, 2017).
- Modifiable factors that increase colon and rectum cancer risk include obesity, physical inactivity, long-term smoking, high consumption of red or processed meat, low calcium intake, moderate to heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber. Hereditary and medical factors that increase risk include a personal or family history of colorectal cancer and/or polyps, certain inherited genetic conditions, a personal history of chronic inflammatory bowel disease, and type 2 diabetes. (Source: American Cancer Society, Facts & Figures 2019).

The following graphs show Erie County, Ohio, and U.S. age-adjusted mortality rates per 100,000 populations for colon and rectum cancer in comparison with the Healthy People 2020 objective, as well as by gender.



(Source: Healthy People 2020, Ohio Public Health Data Warehouse 2015-2017, CDC Wonder 2015-2017)

The following graph shows the Erie County age-adjusted mortality rates per 100,000 populations for colon and rectum cancer by gender.



(Source: Ohio Public Health Data Warehouse 2015-2017)

**Erie County Incidence of Cancer, 2012-2016**

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer	Age-Adjusted Rate
Breast	380	14%	73.2
Lung and Bronchus	360	14%	63.5
Colon & Rectum	286	11%	51.1
Prostate	260	10%	91.4
Other Sites/Types	228	9%	42.2
Melanoma of Skin	158	6%	31.0
Bladder	138	5%	24.8
Non-Hodgkins Lymphoma	114	4%	21.5
Thyroid	107	4%	24.7
Kidney & Renal Pelvis	97	4%	18.2
Uterus	94	4%	32.7
Oral Cavity & Pharynx	71	3%	13.4
Pancreas	62	2%	11.7
Leukemia	57	2%	11.0
Multiple Myeloma	41	2%	7.2
Stomach	33	1%	5.6
Brain and Other CNS	33	1%	7.2
Larynx	32	1%	5.9
Liver & Intrahepatic Bile Duct	27	1%	4.8
Ovary	26	1%	10.5
Esophagus	25	1%	4.6
Hodgkins Lymphoma	13	1%	3.8
Cervix	11	<1%	4.8
Testis	11	<1%	7.5
<b>Total</b>	<b>2,664</b>	<b>100%</b>	<b>497.4</b>

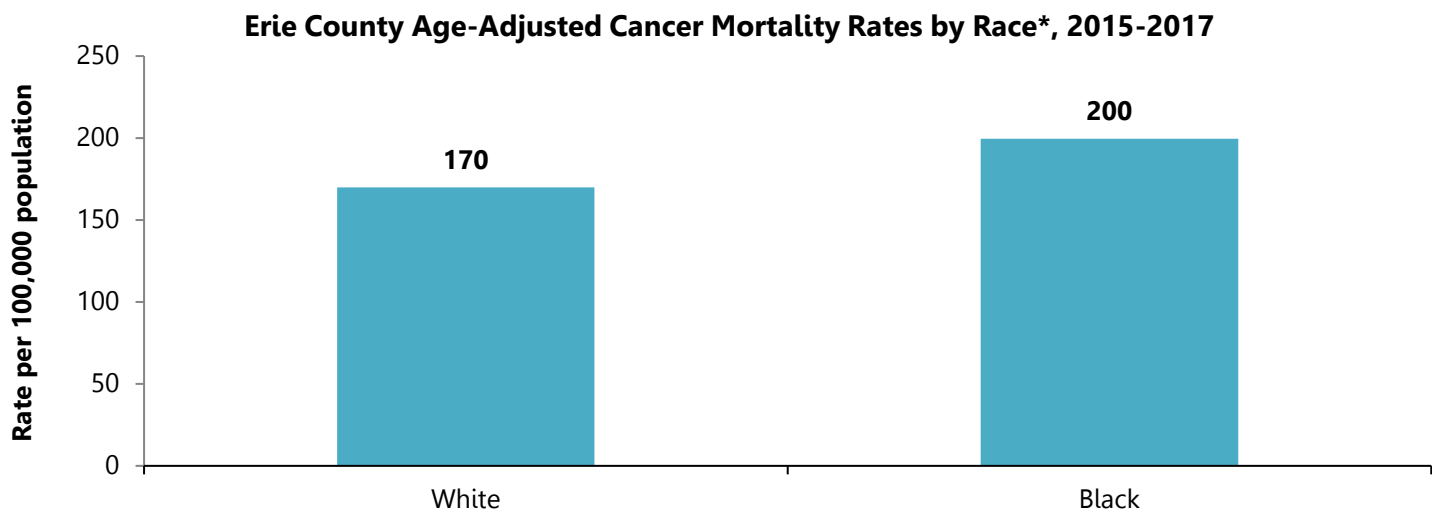
(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 6/5/19)

## Erie County African American Incidence of Cancer, 2012-2016

Types of Cancer	Number of Cases	Percent of Total Incidence of Cancer	Age-Adjusted Rate
Prostate	29	16%	151.8
Breast	26	14%	71.7
Colon & Rectum	23	13%	59.8
Lung and Bronchus	22	12%	66.1
Other Sites/Types	15	8%	42.0
<b>Total</b>	<b>184</b>	<b>100%</b>	<b>507.3</b>

(Source: Ohio Cancer Incidence Surveillance System, ODH Information Warehouse, Updated 10/16/19)

The following graph shows the Erie County age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer by race from 2015-2017.



\*Races represented are white and black. All other races were not available due to low rates.

(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Cancer Deaths of Ohio Residents, updated 10/15/2019)

### 2019 Cancer Estimates

- In 2019, more than 1.7 million new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about eighteen percent (18%) of the new cancer cases expected to occur in the U.S. in 2018 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 606,880 Americans are expected to die of cancer in 2019.
- Eighty-one percent (81%) of lung cancer deaths in the U.S are attributed to smoking.
- In 2019, estimates predict that there will be 67,150 new cases of cancer and 25,440 cancer deaths in Ohio.
- Of the new cancer cases in Ohio, approximately 9,680 (14%) will be from lung and bronchus cancers and 3,750 (6%) will be from melanoma (skin) cancer.
- About 10,240 new cases of female breast cancer are expected in Ohio.
- New cases of male prostate cancer in Ohio are expected to increase to 5,340 (8%).

(Source: American Cancer Society, Facts and Figures 2019)

# Chronic Disease: Asthma

## Key Findings

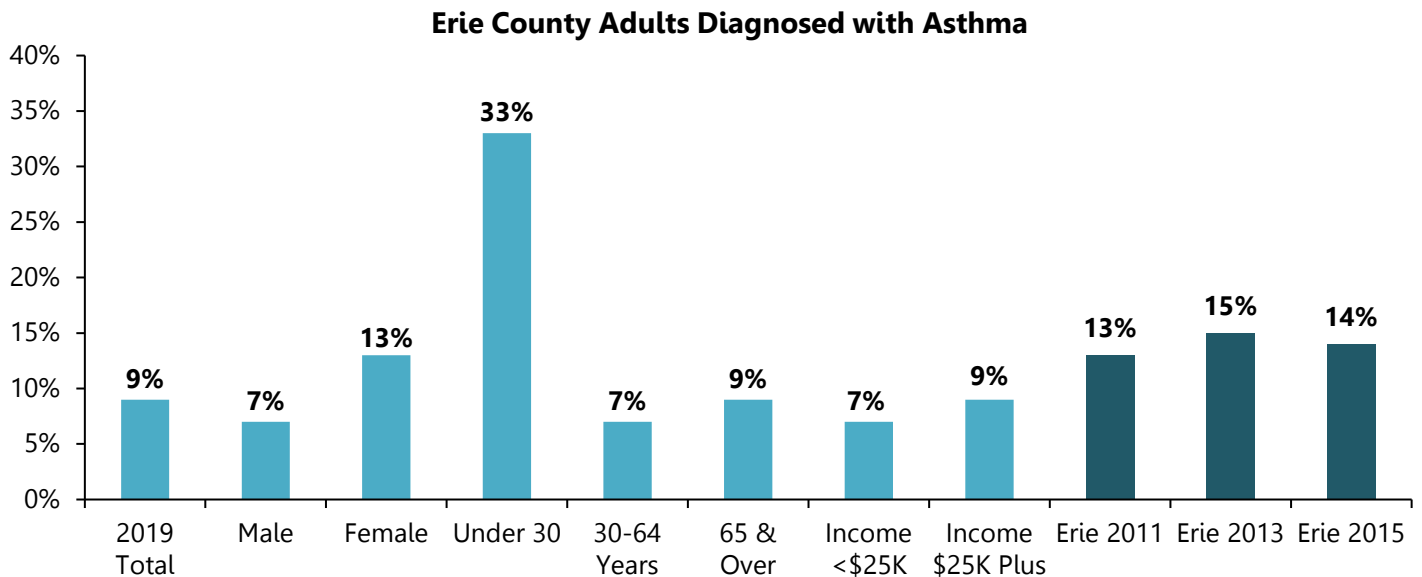
Nine percent (9%) (approximately 5,305) of Erie County adults had been diagnosed with asthma.

**5,305 Erie County adults had been diagnosed with asthma.**

## Asthma

- Nine percent (9%) (approximately 5,305) of Erie County adults had been diagnosed with asthma, increasing to 13% of females.
- Adults with asthma were more likely to rate their overall health as fair or poor (29%) and be overweight or obese (42%).

The following graph shows the percentage of Erie County adults who were diagnosed with asthma. An example of how to interpret the information includes: 9% of adults were diagnosed with asthma, including 13% of females.

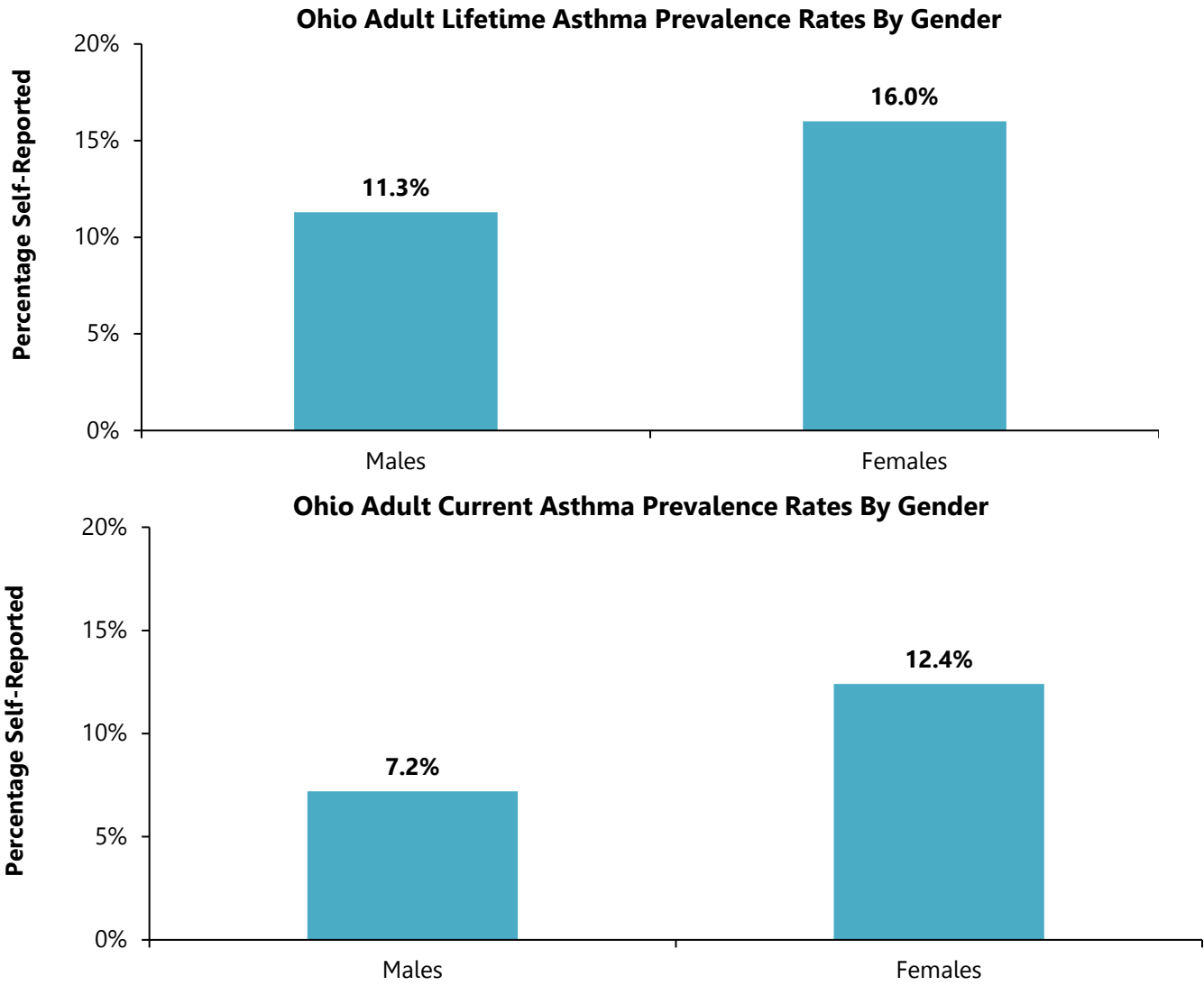


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Had been diagnosed with asthma	13%	15%	14%	9%	14%	14%



The following graphs demonstrate the lifetime and current prevalence rates of asthma by gender for Ohio residents.



(Source: 2017 BFRSS)

### Asthma Facts

- The number of Americans with asthma grows every year. Currently, over 26 million Americans have asthma.
- Asthma mortality is almost 4,000 deaths per year.
- Asthma results in 439,000 hospitalizations and 1.8 million emergency room visits annually.
- Patients with asthma reported 14.2 million visits to a doctor’s office and 1.3 million visits to hospital outpatient departments.
- Effective asthma treatment includes monitoring the disease with a peak flow meter, identifying and avoiding allergen triggers, using drug therapies including bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

(Source: American College of Allergy, Asthma, & Immunology, Asthma Facts, updated 6/13/18)

# Chronic Disease: Diabetes

## Key Findings

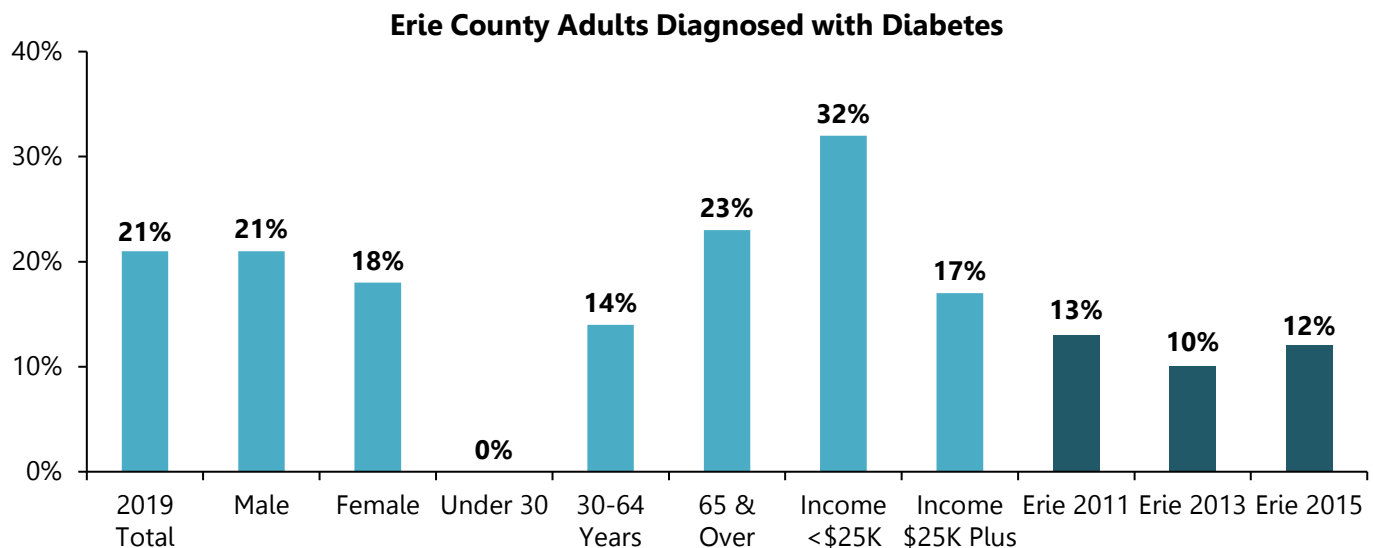
Over one-fifth (21%) (approximately 12,377) of Erie County adults had been diagnosed with diabetes. Nearly two-fifths (39%) of adults with diabetes rated their health as fair or poor.

**12,377 adults had been diagnosed with diabetes in their lifetime.**

## Diabetes

- Over one-fifth (21%) (approximately 12,377) of Erie County adults had been diagnosed with diabetes, increasing to 32% with incomes less than \$25,000.
- Eight percent (8%) (approximately 4,715) of adults had been diagnosed with pre-diabetes.
- Diabetics were using the following to treat their diabetes:
  - Diet control (67%)
  - 6-month checkup with provider (63%)
  - Exercise (54%)
  - Diabetes pills (54%)
  - Checking blood sugar (52%)
  - Annual vision exam (48%)
  - Checking A1C annually (39%)
  - Checking their feet (38%)
  - Insulin (18%)
  - Get a dental exam (12%)
  - Use injectables (e.g., Vyetta, Victoza, Bydurean) (8%)
  - Taking a class (8%)
- Almost two-fifths (39%) of adults with diabetes rated their health as fair or poor.
- Erie County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
  - 76% had been diagnosed with high blood pressure
  - 65% had been diagnosed with high blood cholesterol
  - 56% were obese or overweight

The following graph shows the percentage of Erie County adults who were diagnosed with diabetes. An example of how to interpret the information includes: 21% of adults were diagnosed with diabetes, including 23% of adults ages 65 and older and 32% of those with incomes less than \$25,000.

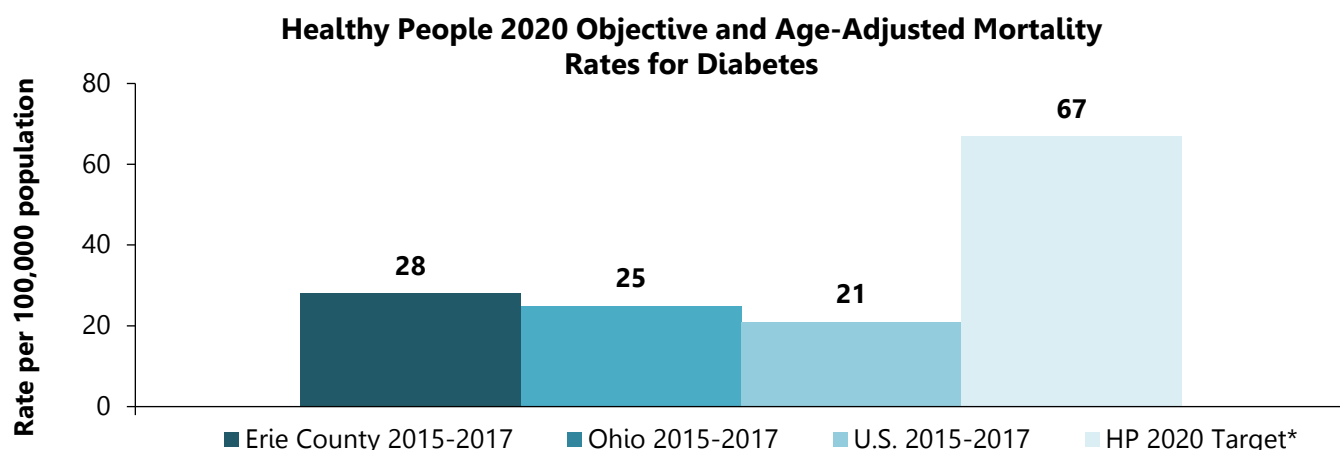


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Had been diagnosed with diabetes	13%	10%	12%	21%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	5%	5%	5%	8%	2%	2%

The following graph shows the Erie County, Ohio and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for diabetes in comparison to the Healthy People 2020 objective. The graph shows:

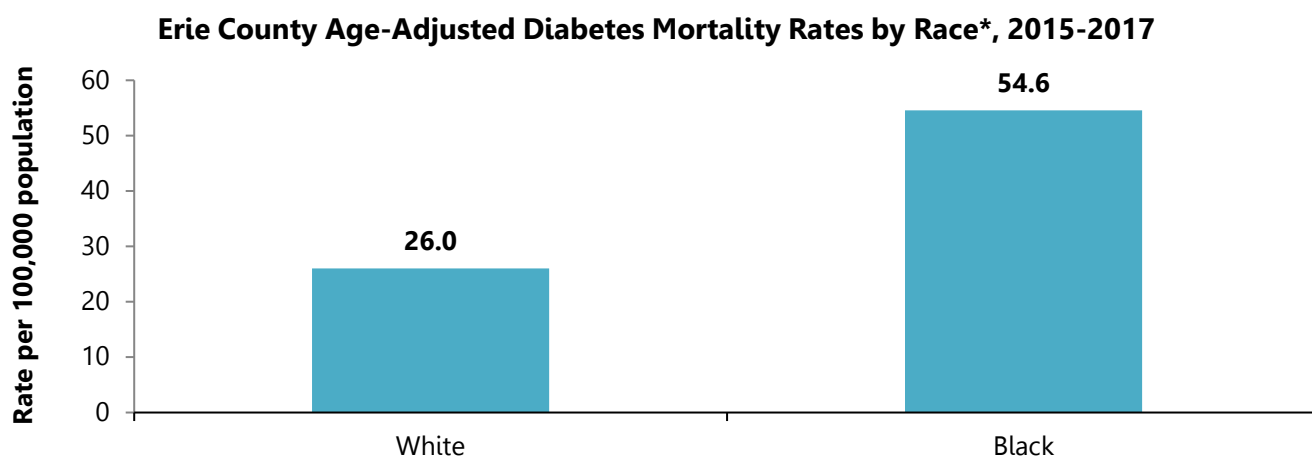
- When age differences are accounted for, Erie County had a higher diabetes mortality rate than Ohio and the U.S. but a lower mortality rate than the Healthy People 2020 objective.



*\*Note: The Healthy People 2020 rate is for all diabetes-related deaths  
(Source: Ohio Public Health Data Warehouse, 2014-2016, CDC Wonder, 2014-2016, Healthy People 2020)*

The following graph shows the age-adjusted mortality rates for diabetes for Erie County by race. The graph shows:

- From 2015-2017, the age-adjusted diabetes mortality rate for those who were black was higher than those who were white.



*\*Races represented are white and black. All other races were not available due to low rates.  
(Source for graph: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 10/15/2019)*

## Types of Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant).

- **Type 1 diabetes** is caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, there is no cure for type 1 diabetes.
- **Type 2 diabetes** is when the body doesn't use insulin well and is unable to keep blood sugar at normal levels. About 90% of people with diabetes have Type 2. It develops over many years and is usually diagnosed in adults (though increasingly in children, teens, and young adults). Symptoms sometimes go unnoticed. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, eating healthy food, and getting regular physical activity.
- **Gestational diabetes** develops in pregnant women who have never had diabetes. Babies born to women with gestational diabetes could be at higher risk for health complications. Gestational diabetes usually goes away after the baby is born but increases the mothers risk for type 2 diabetes later in life. The baby is more likely to become obese as a child or teen, and more likely to develop type 2 diabetes later in life too.

*(Source: CDC, About Diabetes, Updated: May 30, 2019)*

# Chronic Disease: Quality of Life

## Key Findings

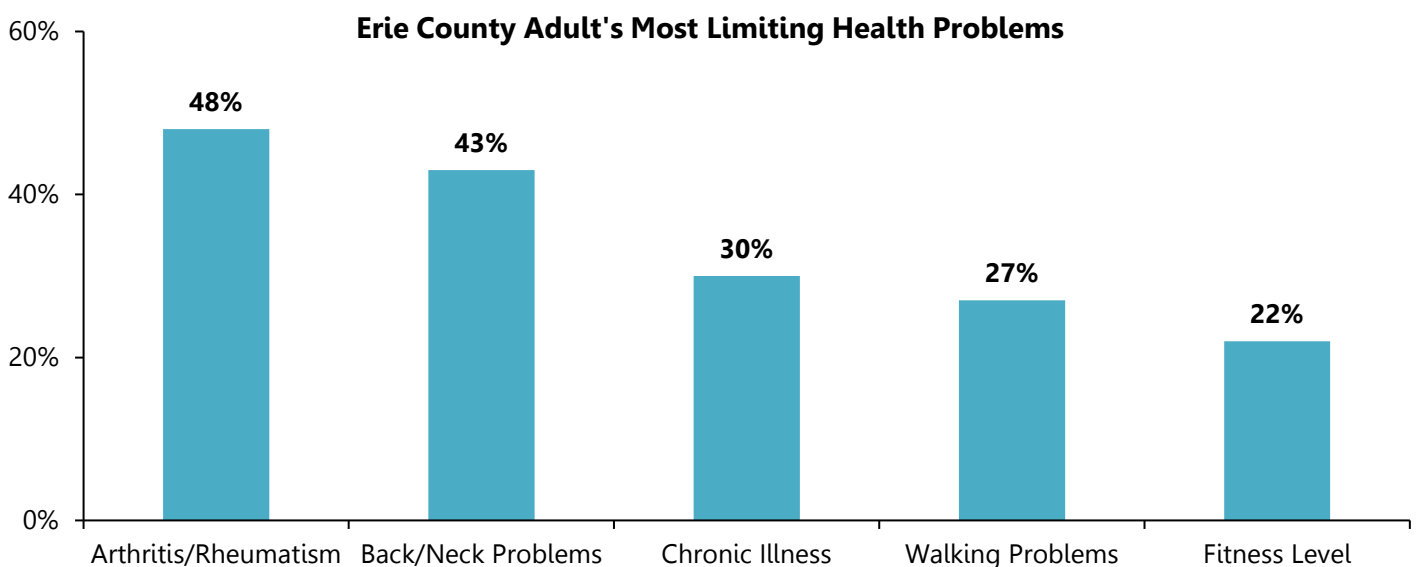
In 2019, 49% (approximately 28,880) of Erie County adults reported they were limited by any impairment or health problem. The most limiting health problems were arthritis/rheumatism (48%); back or neck problems (43%); chronic illness (30%); walking problems (27%); and fitness level (22%).

## Physical, Mental, and Emotional Limitations

- About half (49%) (approximately 28,880) of Erie County adults were limited in some way because of a physical, mental or emotional problem. Adults were limited by physical (26%), emotional (4%), and mental (4%) problems.
- Among those who were limited in some way, the following most limiting problems or impairments were reported:
  - Arthritis/rheumatism (48%)
  - Back or neck problems (43%)
  - Chronic illness (30%)
  - Walking problems (27%)
  - Fitness level (22%)
  - Chronic pain (21%)
  - Lung/breathing problems (15%)
  - Stress, depression, anxiety, or emotional problems (14%)
  - Sleep problems (11%)
  - Hearing problems (11%)
  - Fractures, bone/joint injuries (9%)
  - Eye/vision problems (9%)
  - Confusion (3%)
  - Memory loss (3%)
  - Dental problems (3%)
  - A learning disability (3%)
  - Mental illness or disorder (2%)
  - Substance dependency (2%)
  - Drug addiction (1%)
  - Other impairments or problems (7%)

**28,880 adults were limited in some way because of a physical, mental or emotional problem.**

The following graph show the most limiting health problems for Erie County adults.



**Healthy People 2020**  
**Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)**

Objective	Erie County 2019	Healthy People 2020 Target
<b>AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms</b>	48%	36%

*Note: U.S. baseline is age-adjusted to the 2000 population standard  
(Sources: Healthy People 2020 Objectives, 2019 Erie County Health Assessment)*

**Impairments and Health Problems**

- In the past year, adults reported needing the following services or equipment:
  - Eyeglasses/vision services (31%)
  - Help with routine needs (e.g. everyday household chores, doing necessary business) (8%)
  - A cane (7%)
  - Hearing aids or hearing care (7%)
  - Durable medical equipment (6%)
  - Pain management (6%)
  - Medical supplies (6%)
  - A walker (4%)
  - Help with personal care needs (i.e. eating, bathing, dressing or getting around the house) (4%)
  - Oxygen or respiratory support (3%)
  - A wheelchair (2%)
  - Mobility aids or devices (e.g. adaptive equipment) (1%)
  - A special bed (1%)
  - Personal emergency response system (1%)
  - A special telephone (1%)
  - Communication aids/devices (1%)
  
- Erie County adults sought assistance for themselves or a loved one in the past year for the following: yard work (18%), transportation (11%), household chores (11%), shopping (10%), bills (9%), cooking (8%), getting around for other purposes (7%), bathing (7%), dressing (6%), getting around the house (6%), eating (5%), toileting (5%), doing necessary business (4%), and child care (4%).
  
- Seventeen percent (17%) (approximately 10,020) of adults looked for a program for themselves or a loved one to assist with a disability or other health problem. Of those who looked, 71% found a program. Sixty-one percent (61%) of adults indicated such a program was not needed.
  
- Erie County adults were responsible for providing regular care or assistance to the following:
  - Multiple children (8%)
  - A friend, family member or spouse with a health problem (7%)
  - An elderly parent or loved one (6%)
  - Grandchildren (5%)
  - An adult child (4%)
  - Someone with special needs (3%)
  - A friend, family member or spouse with dementia (2%)
  - Children whose parent(s) lost custody due to other reasons (2%)
  - Children with discipline issues (2%)
  - A friend, family member or spouse with a mental health issue (1%)
  - Children whose parent(s) use drugs and are unable to care for their children (1%)
  - Foster children (<1%)

- Thirty-five percent (35%) (approximately 20,629) of Erie County adults had fallen in the past 6 months due to the following:
  - Unexpected fall (16%)
  - Same-level fall (slipping, tripping or stumbling) (14%)
  - Stairs (2%)
  - Ladders (2%)
- About one-in-five (22%) Erie County adults had fallen in the past year, increasing to 28% of those ages 65 and over. Ten percent (10%) of adults had fallen two or more times in the past year.
- Of those who fell, 35% resulted in an injury that either limited their activities that day and/or they had to see a doctor for their injury.

### **Falls Are Serious and Costly**

- Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor. Falling once doubles your chances of falling again.
- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 3 million older people are treated in emergency departments for fall injuries.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling, usually by falling sideways.
- Falls are the most common cause of traumatic brain injuries (TBI).
- In 2015, the total medical costs for falls totaled more than \$50 billion. Medicare and Medicaid shouldered 75% of these costs.

*(Source: CDC, Home and Recreational Safety, Important Facts about Falls, Updated: February 10, 2017)*

# Social Conditions: Social Determinants of Health

## Key Findings

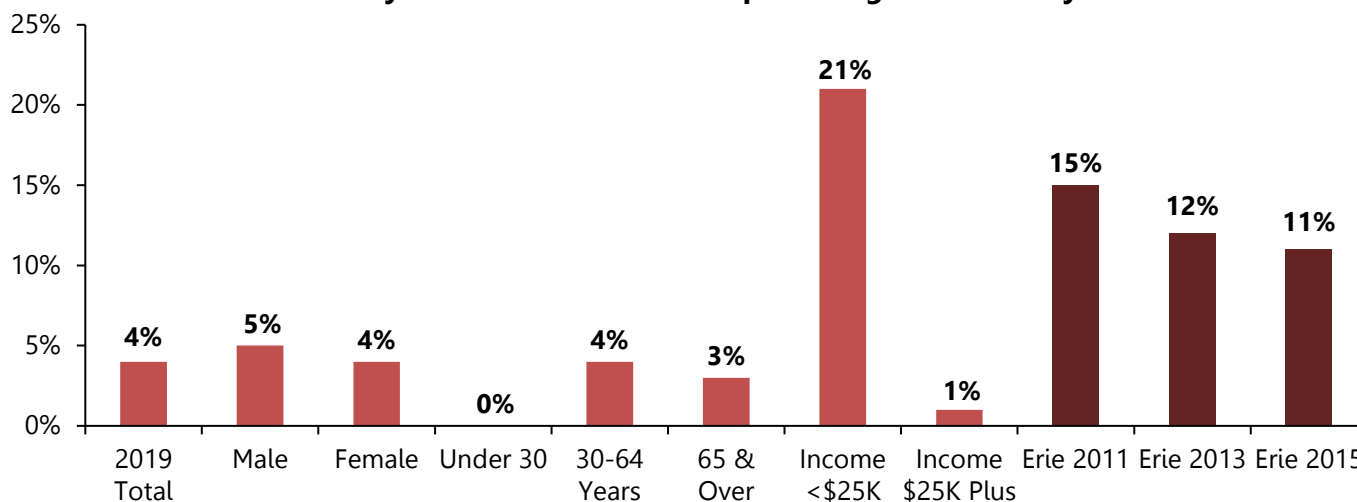
In 2019, 5% (approximately 2,947) of Erie County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Six percent (6%) (approximately 3,536) of Erie County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Seven percent (7%) (approximately 4,126) of adults had experienced at least one issue related to hunger/food insecurity in the past year.

## Economic Stability

- Four percent (4%) (approximately 2,358) of Erie County adults needed help meeting their general daily needs such as food, clothing, shelter or paying for utilities in the past month, increasing to 21% of those with incomes less than \$25,000.

The following graph shows the percentage of Erie County adults who needed help meeting general daily needs such as food, clothing, shelter or paying utilities bills in the past 30 days. An example of how to interpret the information on the graph includes: 4% of all Erie County adults needed help meeting their general daily needs, including 21% of those with incomes less than \$25,000.

**Erie County Adults Who Needed Help Meeting General Daily Needs**



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

- Seven percent (7%) (approximately 4,126) of adults had experienced at least one issue related to hunger/food insecurity in the past year. They experienced the following:
  - Had to choose between paying bills and buying food (4%)
  - Loss of income led to food insecurity issues (3%)
  - Worried food might run out (3%)
  - Went hungry/ate less to provide more food for their family (1%)
  - Did not eat because they did not have enough money for food (1%)
  - Their food assistance was cut (1%)
- Erie County adults received assistance for the following in the past year: Medicare (13%), healthcare (7%), prescription assistance (7%), food (4%), dental care (4%), home repair (3%), free tax preparation (2%), rent/mortgage (2%), mental illness issues (2%), utilities (1%), transportation (1%), credit counseling (1%), diapers (1%), employment (1%), septic/well repairs (1%), drug or alcohol addiction (<1%), affordable childcare (<1%), gambling addiction (<1%), and legal aid services (<1%).

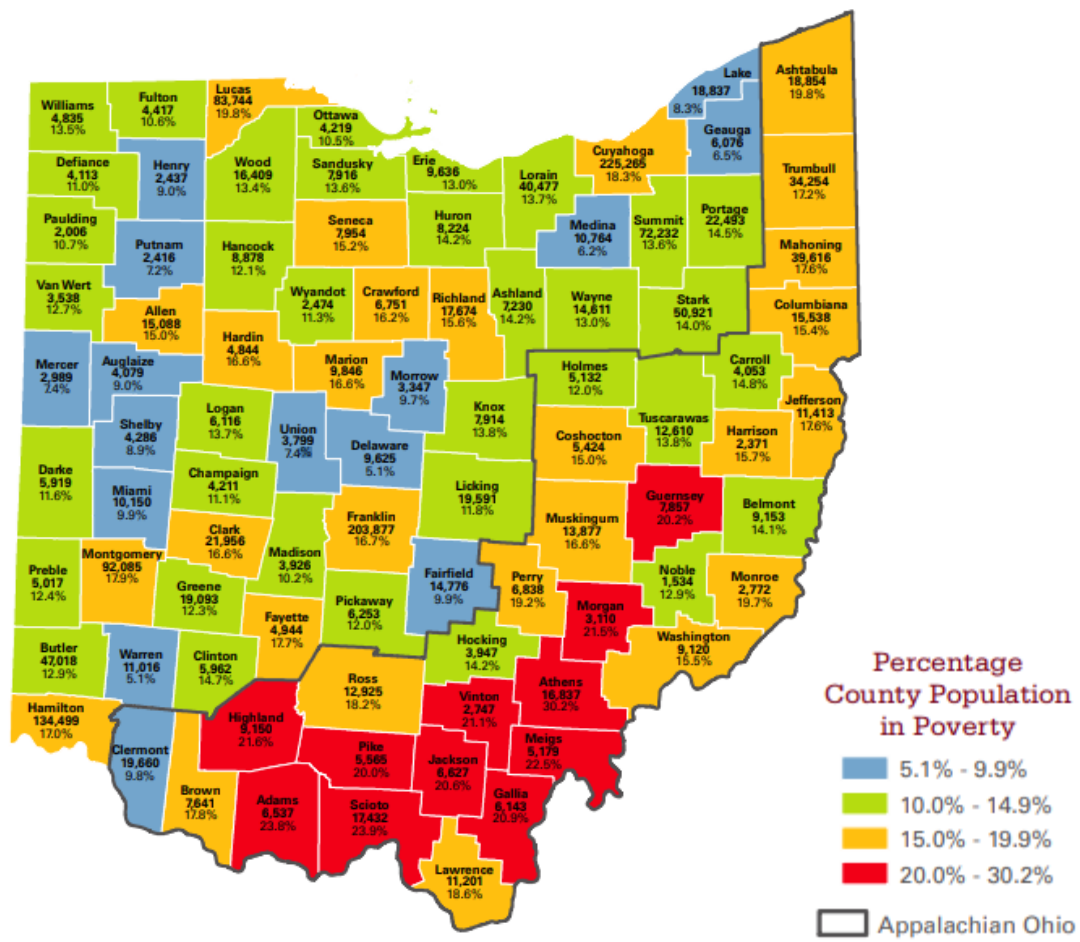


- There were 37,827 housing units in Erie County. The owner-occupied housing unit rate was 84% across the county. There were 9,098 occupied units paying rent in Erie County. Rent in Erie County cost an average of \$716 per month (Source: U.S. Census Bureau, American Community Survey, 2013-2017).
- In Sandusky City, there were 5,041 occupied housing units paying rent. Rent in Sandusky City cost an average of \$646 per month (Source: U.S. Census Bureau, American Community Survey, 2013-2017).
- The median household income in Erie County was \$54,958. The U.S. Census Bureau reports median income levels of \$54,021 for Ohio and \$60,336 for the U.S. (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2017).
- Twelve percent (12%) of all Erie County residents were living in poverty, and 18% of children and youth ages 0-17 were living in poverty (Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, 2017).
- The unemployment rate for Erie County was 3.6 as of May 2019 (Source: Ohio Department of Job and Family Services, Office of Workforce Development, Bureau of Labor Market Information).

The map below shows the variation in poverty rates across Ohio during the 2013-17 period.

- The 2013 to 2017 American Community Survey 5-year estimates that approximately 1,683,890 Ohio residents, or 14.9% of the population, were in poverty.
- From 2013 to 2017, 9,636 or 13.0% of Erie County residents were in poverty.

**Estimated Poverty Rates in Ohio by County (2013-2017)**



(Source: 2013-2017 American Community Survey 5-year estimates, as compiled by Ohio Development Services Agency, Office of Research, Ohio Poverty Report, February 2019)

## Education

- Ninety-two percent (92%) of Erie County adults 25 years and over had a high school diploma or higher (*Source: U.S. Census Bureau, American Community Survey, 2013-2017*).
- Twenty-two percent (22%) of Erie County adults 25 years and over had at least a bachelor's degree (*Source: U.S. Census Bureau, American Community Survey, 2013-2017*).

## Health and Health Care

- In the past year, 3% of adults were uninsured.
- More than three-quarters (77%) of Erie County adults visited a doctor for a routine checkup in the past year, increasing to 87% of those over the age of 65.
- Forty-nine percent (49%) of adults reported they had one person they thought of as their personal doctor or health care provider. Forty-one percent (41%) of adults had more than one person they thought of as their personal health care provider, and 9% did not have one at all. One percent (1%) reported they did not know.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Erie County adults.

### Social Determinants of Health

- Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.
- Conditions (e.g., social, economic, and physical) in these various environments and settings (e.g., school, church, workplace, and neighborhood) have been referred to as “place.” In addition to the more material attributes of “place,” the patterns of social engagement and sense of security and well-being are also affected by where people live.
- Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, and environments free of life-threatening toxins.
- Understanding the relationship between how population groups experience “place” and the impact of “place” on health is fundamental to the social determinants of health—including both social and physical determinants.

*(Source: HealthyPeople2020, Social Determinate of Health, Updated October 2, 2018)*

## Social and Community Context

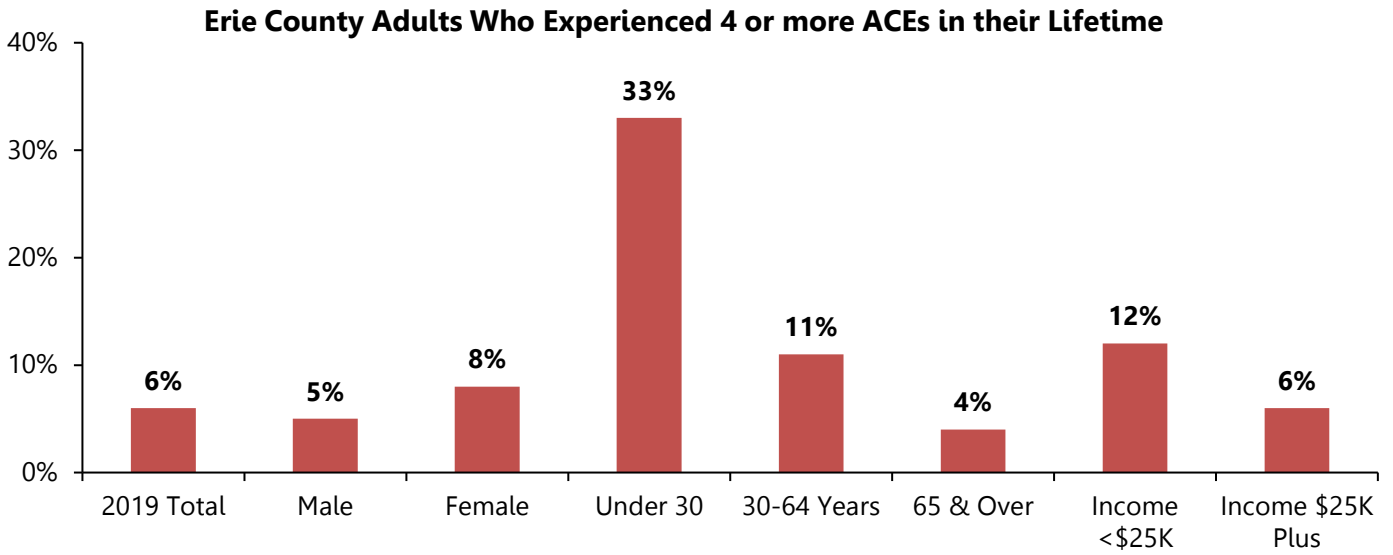
- Two percent (2%) (approximately 1,179) of adults had called 2-1-1, a non-emergency information referral number, for assistance. Of those who called 2-1-1 for assistance, 50% received information that assisted them in getting the help they needed. Seventy-seven percent (77%) of adults had never heard of 2-1-1.
- Erie County adults engaged in the following types of gambling in the past year: lottery/scratch-offs/pull tabs (37%); casinos (19%); with friends at home (4%); at work with fellow workers (office pools) (3%); horse track (2%); bingo (2%); and online gambling (1%).
- Two percent (2%) (approximately 1,179) of Erie County adults were threatened in the past year. They were threatened by the following: someone outside their home (67%) and a child (33%).
- Five percent (5%) (approximately 2,947) of Erie County adults were abused in the past year. They were abused by the following: a spouse or partner (44%), another family member in the household (22%), someone outside their home (17%), a child (11%), a parent (6%), and someone else (6%).

- Erie County residents reported the following concerns in their community:
  - Illegal drug use (42%)
  - Opiate/prescription drug abuse (41%)
  - Senior/elder care (35%)
  - Youth substance abuse (34%)
  - Lack of affordable health care (26%)
  - Violence/bullying/cyberbullying (24%)
  - Human trafficking (23%)
  - Unsafe driving practices/OVI (21%)
  - Alcohol abuse (19%)
  - Legalization of marijuana (18%)
  - Homelessness (16%)
  - Suicide prevention (16%)
  - Unemployment/underemployment (16%)
  - Tobacco use/vaping (16%)
  - Homelessness (16%)
  - Traffic (15%)
  - Nutrition/healthy eating/hunger/food security (13%)
  - Motorcycle safety (13%)
  - Lack of affordable housing (12%)
  - Discrimination based on race, ethnicity, sexual orientation, etc. (12%)
  - Sexting (10%)
  - Parents hosting/allowing underage drinking/compliance checks (9%)
  - Teen pregnancy (8%)
  - Lack of affordable transportation (6%)
  - Falls (4%)
  - Train tracks as a physical barrier to health care (4%)
  - Seat belt or restraint usage (1%)

### 3,536 adults experienced 4 or more ACEs in their lifetime.

- Erie County adults experienced the following adverse childhood experiences (ACEs):
  - Their parents became separated or were divorced (19%)
  - Lived with someone who was a problem drinker or alcoholic (18%)
  - A parent or adult in their home swore at, insulted, or put them down (13%)
  - Lived with someone who was depressed, mentally ill, or suicidal (7%)
  - A parent or adult in their home hit, beat, kicked, or physically hurt them (7%)
  - Someone at least 5 years older than them or an adult touched them sexually (6%)
  - Their family did not look out for each other, feel close to each other, or support each other (5%)
  - Lived with someone who used illegal street drugs, or who abused prescription medications (5%)
  - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (5%)
  - Lived with someone who served time or was sentenced to serve time in prison, jail or correctional facility (2%)
  - Someone at least 5 years older than them or an adult tried to make them touch them sexually (2%)
  - Their parents were not married (1%)
  - Someone at least 5 years older than them or an adult forced them to have sex (1%)
  - They didn't have enough to eat, had to wear dirty clothing, and had no one to protect them (1%)
- Six percent (6%) (approximately 3,536) of Erie County adults had 4 or more ACEs in their lifetime, increasing to 12% of those with incomes less than \$25,000.

The following graph shows the percentage of Erie County adults who had experienced 4 or more adverse child experiences (ACEs) in their lifetime. An example of how to interpret the information on the graph includes: 6% of all Erie County adults had experienced 4 or more ACEs in their lifetime, including 33% of those under the age of 30, and 12% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

### Behaviors of Erie County Adults Experienced 4 or More ACEs vs. Did Not Experience Any ACEs

Adult Behaviors	Experienced 4 or More ACEs	Did Not Experience Any ACEs
<b>Classified as overweight or obese by BMI</b>	77%	78%
<b>Current drinker</b> (had at least one alcoholic beverage in the past month)	65%	38%
<b>Binge drinker</b> (drank 5 or more drinks for males and 4 or more for females on an occasion)	56%	37%
<b>Current smoker</b> (currently smoke on some or all days)	27%	6%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

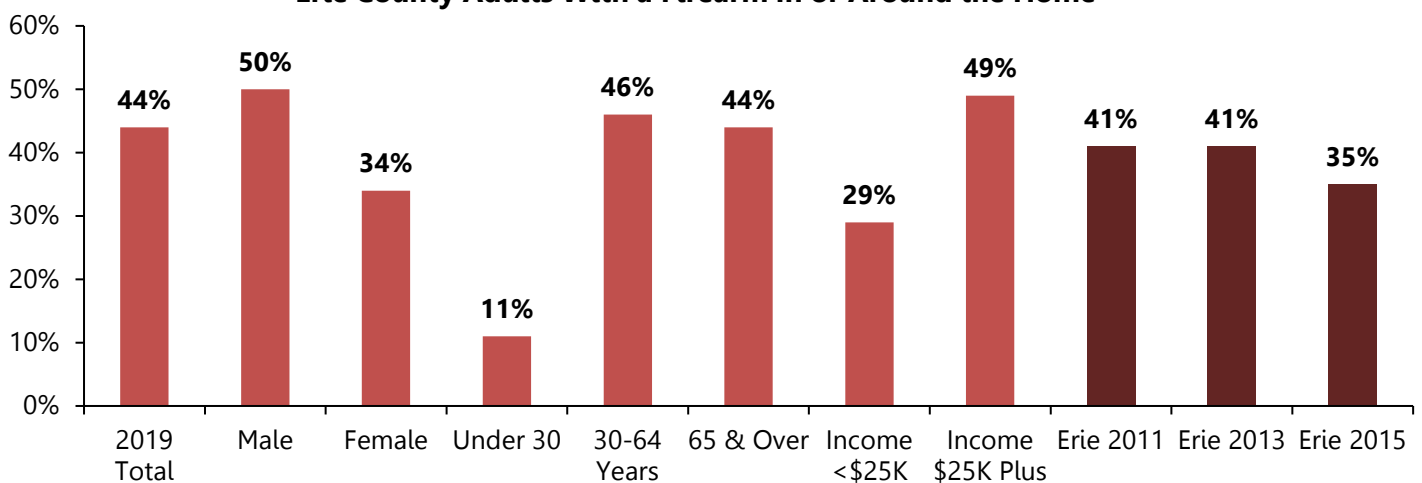
### Neighborhood and Built Environment

- In the past month, Erie County adults reported doing the following while driving: talking on hands-free cell phone (33%); talking on hand-held cell phone (31%); eating (29%); texting (12%); not wearing a seatbelt (8%); being under the influence of alcohol (7%); using internet on their cell phone (5%); being under the influence of prescription drugs (2%); reading (1%); being under the influence of recreational drugs (1%); and other activities (such as applying makeup, shaving, etc.) (1%). One-third (33%) of adults reported they had more than one distraction while driving.
- Erie County adults considered their neighborhood to be extremely safe (24%), quite safe (62%), slightly safe (11%), and not safe at all (1%) from crime. Two percent (2%) of adults reported they did not know if their neighborhood was safe from crime.

- When asked to describe the social and physical environment in which they live, work and play Erie County adults reported the following: fresh, healthy food is easy to get (69%); parks and trails are available (68%); it is a great place to raise children (61%); there are many ways to get involved within the community (57%); neighborhoods are safe (55%); healthcare services are easy to find and use (51%); there are adequate transportation services available (48%); sidewalks are prevalent and accessible (41%); housing is safe and affordable (40%); working conditions are safe (36%); sidewalks, parks, and trails are used frequently (33%); there is economic opportunity/there is room to grow financially (28%); there are good employment opportunities (28%); and people are often treated differently based on the color of their skin (13%).
- Over two-fifths (44%) (approximately 25,933) of Erie County adults kept a firearm in or around their home. Two percent (2%) (approximately 1,179) of adults reported they were unlocked and loaded.

*The following graph shows the percentage of Erie County adults that had a firearm in or around the home. An example of how to interpret the information shown on the graph includes: 44% of all Erie County adults had a firearm in or around the home, including 50% of males, and 49% of those with incomes more than \$25,000.*

**Erie County Adults With a Firearm In or Around the Home**



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

### Victims of Gun Violence in America

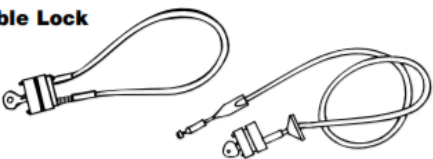
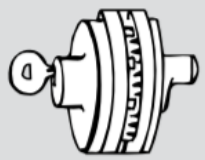
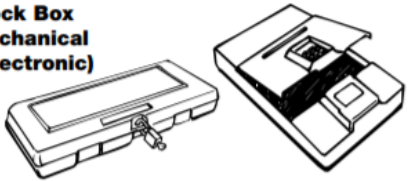
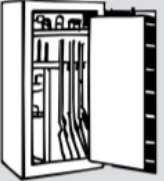

- More than 124,000 people are shot in murders, assaults, suicides & suicide attempts, accidents or by police intervention in America in an average year.
  - 35,141 people die from gun violence and 89,620 people survive gun injuries.
- Every day, an average of 342 people are shot in America. Of those 342 people, 96 people die and 246 are shot, but survive.
  - Of the 342 people who are shot every day, an average of 47 are children and teens.
  - Of the 96 people who die, 34 are murdered, 59 are suicides, 1 die accidentally and 1 with an unknown intent and 1 by legal intervention.
  - Of the 246 people who are shot but survive, 183 are from assault, 49 are shot accidentally, 11 are suicide attempts, and 4 are legal interventions.

*(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" Fact Sheet, July 2018)*

## Safe Firearm Storage

- It is the responsibility of the firearm owner to ensure that guns in their home are always stored where they are inaccessible to children or other unauthorized persons. Hiding a gun in a closet, drawer, or similar location is not safe storage. Safe storage is employing precautions and multiple safeguards that provide an additional barrier against unauthorized use.
- Key guidelines for safe storage include:
  - **Unloaded firearms should be stored in a locked cabinet, safe, gun vault or storage case.** The storage location should be inaccessible to children.
  - **Gun locking devices render firearms inoperable** and can be used in addition to locked storage. If firearms are disassembled, parts should be securely stored in separate locations.
  - **Ammunition should be stored in a locked location separate from firearms.**
  - **Thoroughly double check firearms to confirm that they are unloaded when you remove them from storage.** Accidents could occur if a family member borrows a gun and returns it to storage while still loaded.

### Options for Securely Storing Firearms

METHOD	FEATURES	COMMENTS
<b>Cable Lock</b> 	Widely available, can be used on most firearms, can also be used to lock a gun to a solid object.	Be sure to install according to directions, not around trigger!; keys and combinations must be kept away from children; cable can be cut.
<b>Trigger Lock</b> 	Widely available, can block trigger but does not prevent loading.	<b>⚠ Caution:</b> should never be used on a loaded gun because it can cause the gun to fire under certain circumstances; can't be used on lever-action firearms; keys and combinations must be kept away from children and other unauthorized persons.
<b>Lock Box (Mechanical &amp; Electronic)</b> 	Conceals and protects guns.	Provides secure storage for loaded or unloaded firearm, but in electronic models batteries will need replacement; depending on size, locked box can be stolen; keys and combinations must be kept away from children and other unauthorized persons.
<b>Gun Safe</b> 	Most secure storage for multiple guns.	Certain models are heavy, expensive; keys and combination must be kept away from children and other unauthorized persons.
<b>Disassembling Gun</b> 	Creates a condition where gun cannot be fired.	Not practical with all guns; requires knowledge of correct assembly and disassembly procedures; may lose the parts.

(Source: Project Child Safe, Safe Storage, 2018)

## Veterans' Affairs

- Approximately 6,430 residents, or 11% of the civilian population 18 years and over living in Erie County, are Veterans (Source: U.S. Census Bureau, American Community Survey, 2013-2017).
- Eight percent (8%) of Erie County Veterans ages 25 years and over had less than a high school diploma and 13% had at least a bachelor's degree (Source: U.S. Census Bureau, American Community Survey, 2013-2017).
- Five percent (5%) of Erie County Veterans were living below the poverty level (Source: U.S. Census Bureau, American Community Survey, 2013-2017).
- Fifty-four percent (54%) (approximately 31,827) of Erie County adults reported that someone in their immediate family had served in the military.
- As a result of military service, the following affected Veterans' immediate family members: major health problems due to injury (7%), problems getting information on VA eligibility and applying (7%), problems getting VA benefits (7%), access to medical care at a VA facility (7%), post-traumatic stress disorder (PTSD) (7%), marital problems (5%), housing issues (4%), cannot find/keep a job (3%), access to medical care at a non-VA facility (2%), incarceration/re-entry (2%), suicide contemplation (1%), access to mental health treatment (1%), and substance/drug abuse/overdose (1%).

### Key Facts About Veteran Suicide

There is no single cause of suicide. Suicide deaths reflect a complex interaction of risk and protective factors at the individual, community, and societal levels.

- Risk factors are characteristics associated with a greater likelihood of suicidal behaviors. Some risk factors for suicide include: prior suicide attempt; mental health conditions; stressful life events such as divorce, job loss, or the death of a loved one; and availability of lethal means.
- Protective factors can help offset risk factors. These are characteristics associated with a lesser likelihood of suicidal behaviors. Some protective factors for suicide include: positive coping skills, having reasons for living or a sense of purpose in life, feeling connected to other people, and access to mental health care.
- In addition to the protective factors described above, Veterans may possess unique protective factors related to their service, such as resilience or a strong sense of belonging to a unit. They may also possess risk factors related to their military service, such as service-related injury or a recent transition from military service to civilian life. Preventing Veteran suicide requires strategies that maximize protective factors while minimizing risk factors at all levels throughout communities nationwide.
- Veteran suicide rates and numbers of deaths vary across regions and demographics. Recent data suggest that:
  - **An average of 20 Veterans die by suicide each day.** About six of the 20 are recent users of Veterans Health Administration services. On average, there are 93 suicides among the general U.S. non-Veteran adult population per day.
  - **The burden of suicide resulting from firearm injuries is high.** About 67 percent of all Veteran deaths by suicide were the result of firearm injuries
  - **Rates of suicide are highest among younger Veterans** (ages 18–29) and lowest among older Veterans (ages 60 and older)
  - **Despite comparatively lower rates, the largest number of deaths by suicide is among middle-age and older adult Veterans.** Approximately 65 percent of all Veterans who died by suicide were age 50 or older

(Source: U.S. Department of Veterans Affairs, Office of Mental Health and Suicide Prevention, National Strategy for Preventing Suicide, 2018)

# Social Conditions: Environmental Conditions

## Key Findings

The top three environmental health issues for Erie County adults that threatened their health in the past year were insects (18%), agricultural chemicals (8%), and mold (7%). Ninety percent (90%) of adults had a working flashlight and working batteries in preparation for a disaster.

**10,609 adults thought insects threatened their health in the past year.**

## Environmental Health

- Erie County adults thought the following threatened their health in the past year:
  - Insects (18%)
  - Agricultural chemicals (8%)
  - Mold (7%)
  - Chemicals found in household products (5%)
  - Plumbing problems (5%)
  - Rodents (5%)
  - Sewage/waste water problems (5%)
  - Moisture issues (5%)
  - Air quality (4%)
  - Temperature regulation (4%)
  - Food safety/food borne illness (3%)
  - Bed bugs (3%)
  - Cockroaches (2%)
  - Radon (2%)
  - Safety hazards (2%)
  - Lyme disease (2%)
  - Unsafe water supply/wells (2%)
  - Lice (1%)
  - Lead paint (1%)
  - Fracking (1%)
  - Excess medication in the home (1%)
  - Sanitation issues (<1%)
  - Asbestos (<1%)
  - Radiation (<1%)

### Mold Prevention Tips

- Exposure to damp and moldy environments may cause a variety of health effects. Mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation.
- In your home, you can control mold growth by:
  - Keep humidity levels as low as you can, no higher than 50%, all day long.
  - Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
  - Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
  - Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.
  - Add mold inhibitors to paints before painting.
  - Clean bathrooms with mold-killing products.
  - Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

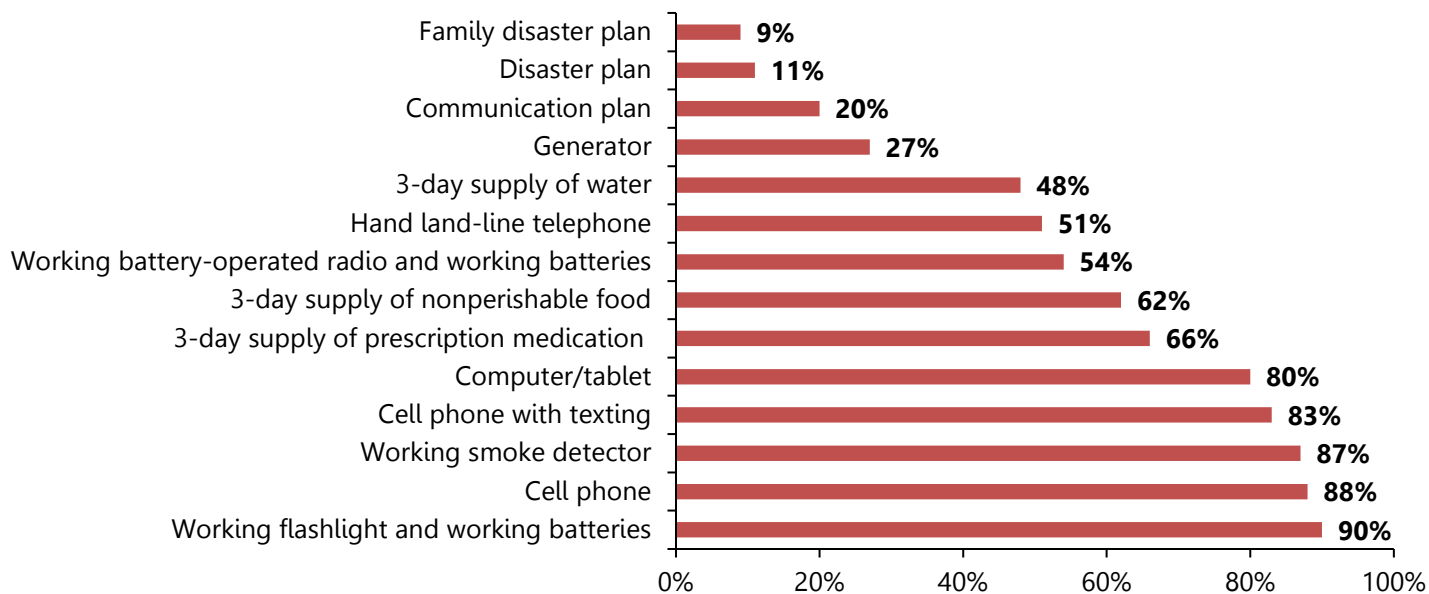
(Source: CDC, *Facts about Mold and Dampness*, updated 9/5/17)



## Disaster Preparedness

- Adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: television (79%), Emergency Alert System (59%), internet (55%), radio (52%), friends/family (43%), social media (35%), neighbors (34%), newspapers (31%), and other methods (4%).
- Erie County households had the following disaster preparedness supplies:
  - Working flashlight and working batteries (90%)
  - Cell phone (88%)
  - Working smoke detector (87%)
  - Cell phone with texting (83%)
  - Computer/tablet (80%)
  - 3-day supply of prescription medication for each person who takes prescribed medicines (66%)
  - 3-day supply of nonperishable food for everyone in the household (62%)
  - Working battery-operated radio and working batteries (54%)
  - Home land-line telephone (51%)
  - 3-day supply of water for everyone in the household (1 gallon of water per person per day) (48%)
  - Generator (27%)
  - Communication plan (20%)
  - Disaster plan (11%)
  - Family disaster plan (9%)

**Erie County Household Disaster Preparedness Supplies**



# Social Conditions: Parenting

## Key Findings

*In 2019, 49% of Erie County parents talked to their 10 to 17-year-old about bullying. Eighty-two percent (82%) of parents believed their child had received all recommended immunization shots for their child's age.*

## Parenting

- Twenty-two percent (22%) of Erie County women had been pregnant in the past 5 years.
- During their last pregnancy within the past five years, Erie County women did the following: took a multi-vitamin with folic acid (50%), had a prenatal appointment in the first 3 months (42%), had a dental exam (33%), use opioids (prescription painkillers) (17%), and received WIC services (8%).
- Parents reported their child had been diagnosed by a health care professional with the following: chronic respiratory condition such as asthma, chronic bronchitis, or sinusitis (13%); mental health disorder such as anxiety, mood or disruptive disorders (9%); autism spectrum disorder (9%); hearing or speech impairment (5%); heart condition such as heart murmurs or congenital defects (2%); and other conditions (9%).
- Eighty-two percent (82%) of parents believed their child had received all recommended immunization shots for their child's age.
- Children did not get all their recommended vaccinations for the following reasons: personal beliefs (89%), fear of adverse effects (78%), fear of long term health effects (67%), did not think immunization was necessary (56%), fear of immunization (11%), religious beliefs (11%), cost (11%), and other reasons (11%).
- Eighty-five percent (85%) of parents reported their child always rode in a car seat when a passenger in a car. Nearly half (46%) of parents indicated their child was too big for a car seat.
- Eighty percent (80%) of parents reported their child always used a booster seat. Five percent (5%) of parents reported their child was too small for a booster seat, and 42% reported their child was over 4'9" and 80 pounds.
- Of the children eligible by height and weight requirements, 94% always wore a seatbelt without a booster seat, and 6% never wore a seatbelt without a booster seat.
- Parents discussed the following topics with their 10- to 17-year-old child in the past year: bullying (49%); social media issues (44%); weight status (43%); career plan/post-secondary education (43%); dating and relationships (41%); negative effects of alcohol, tobacco, illegal drugs, or misusing prescription drugs (35%); abstinence and how to refuse sex (33%); body image (32%); energy drinks (30%); volunteering (30%); birth control, condoms, safer sex and std prevention (24%); refusal skills/peer pressure (22%); school/legal consequences of using alcohol, tobacco, or other drugs (20%); and depression, anxiety, suicide (19%). Two percent (2%) of parents reported they did not discuss any of these topics with their child in the past year.

## Ohio Department of Health (ODH) Immunization Program – AFIX 2018-2019

Adolescent Vaccine Coverage (13 – 17 Years) Number of patients: 834		Pediatric Vaccination Coverage (24 – 25 Months) Number of Patients: 221	
Vaccine	Current Vaccination Coverage (%)	Vaccine	Current Vaccination Coverage (%)
Hep B	85.3%	4 DTaP	66.52%
2 MMR	84.65%	3 Polio	90.5%
2 VAR	80.70%	1 MMR	84.62%
1 Tdap	97.48%	Hib	90.05%
Meningococcal	87.41%	Hep B	90.50%
HPV	50.12%	1 VAR	84.62%
1 HPV	83.33%	PCV	77.38%
1 Flu	11.15%	RV	56.11%
Polio	91.97%	1 Flu	9.5%
2 Hep A	65.47%	2 Hep A	61.09%

*(Source: Erie County Health Department)*

### Neonatal, Post-Neonatal and Infant Mortality in 2017

	Number of Neonatal Deaths*	Number of Post-Neonatal Deaths**	Total Number of Infant Deaths	Number of Births
Erie	2	2	4	785
<b>Ohio</b>	<b>684</b>	<b>298</b>	<b>982</b>	<b>136,895</b>

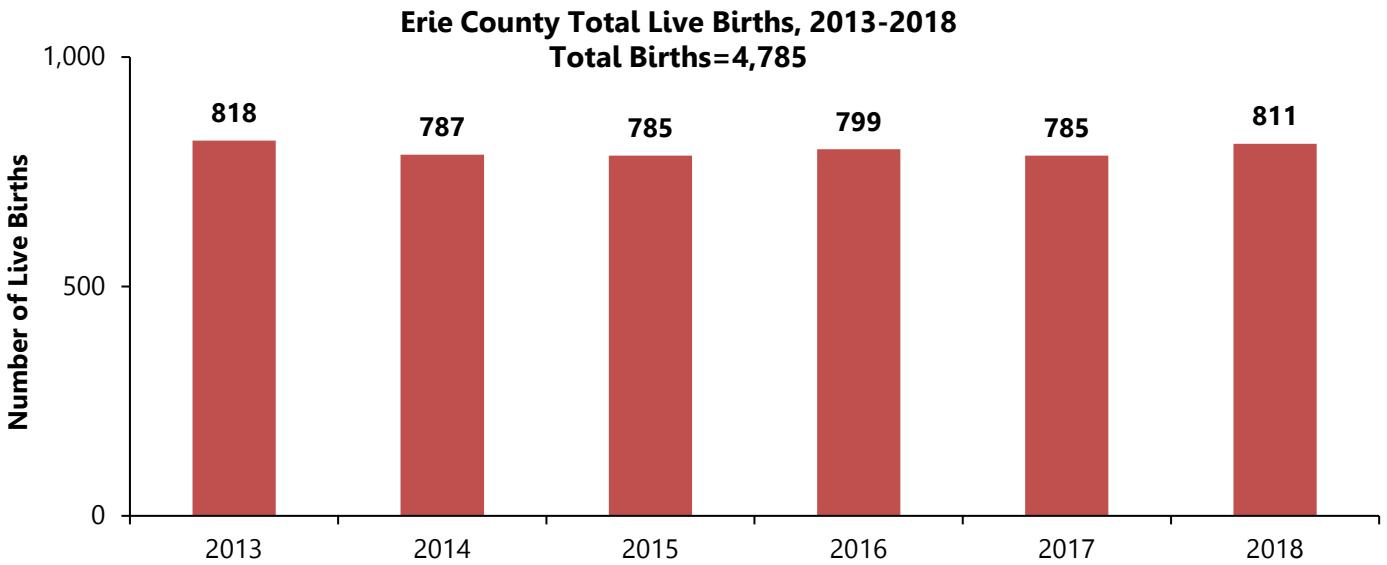
*\*Neonatal death is defined as a death of live born infant during the first 28 days of life.*

*\*\* Post-neonatal death is defined as a death of an infant between 29 days and 364 days of life.*

*(Source: Ohio Department of Health, Bureau of Vital Statistics, 2017 Ohio Infant Mortality Data: General Findings)*

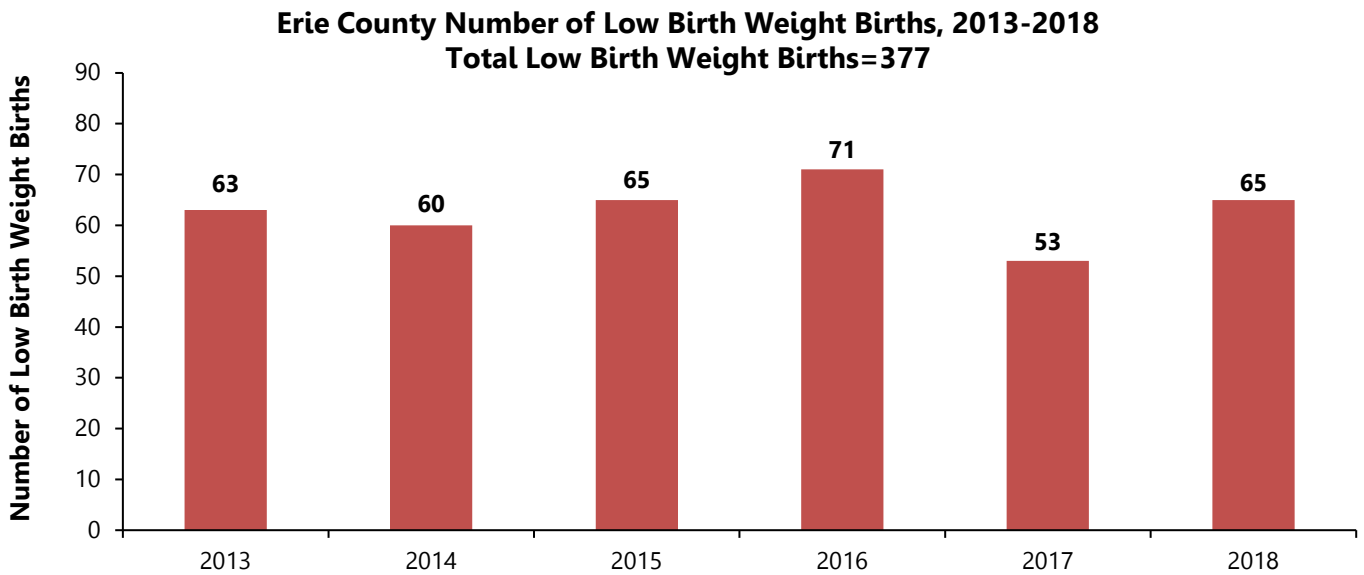
The following graphs show the number of live births in Erie County by year. Please note that the pregnancy outcomes data include all births to adults and adolescents.

- From 2013-2018, there was an average of 798 live births per year in Erie County.



Note: Births occurring in Ohio to non-Ohio residents are not included in the graph.  
(Source: Ohio Department of Health, Public Health Information Warehouse, updated 10/20/19)

The following graph shows the number of live births in Erie County that were low birthweight by year. Low birth weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces, but greater than 3 pounds, 4 ounces.

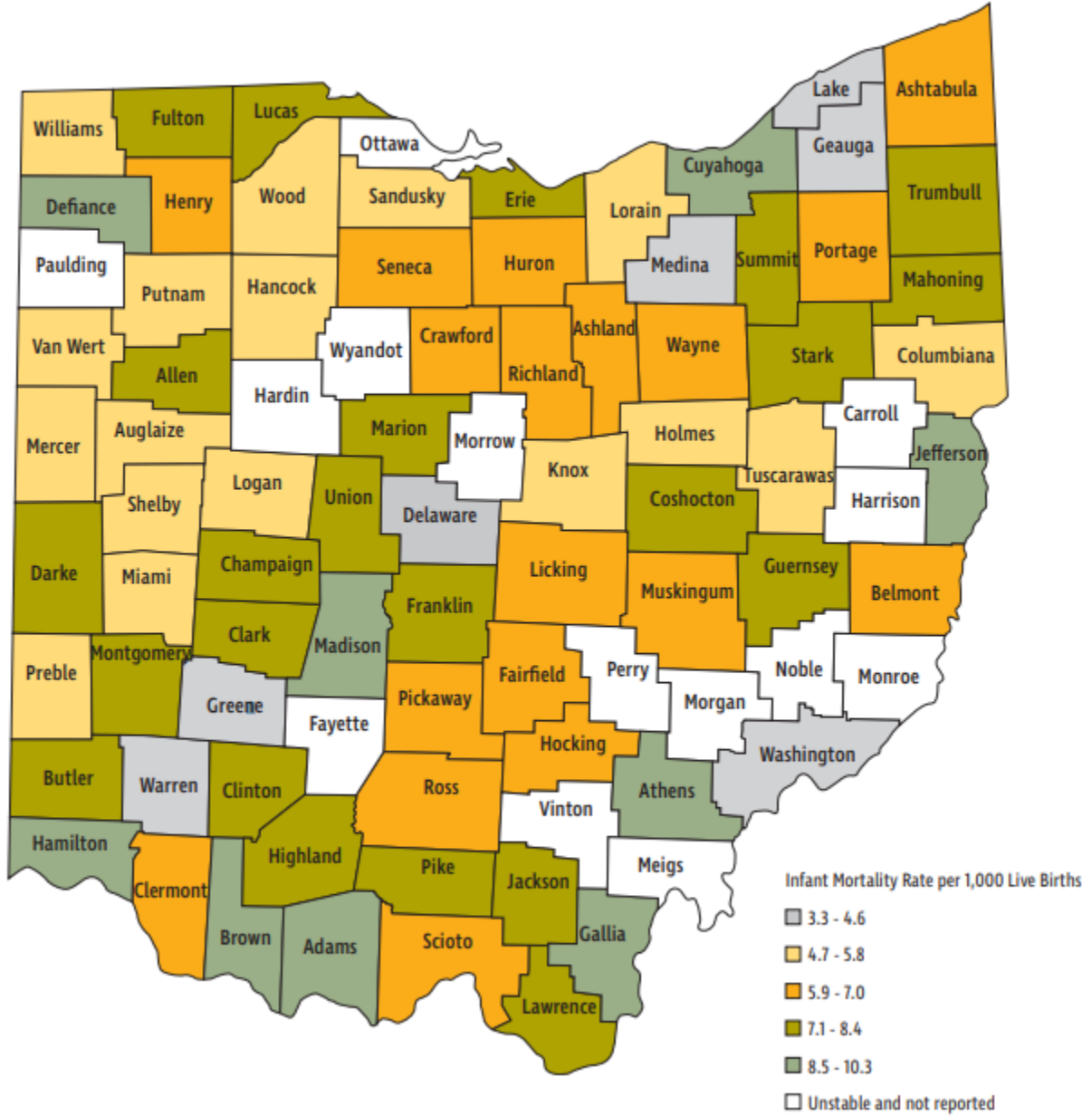


Note: Births occurring in Ohio to non-Ohio residents are not included in the graph.  
(Source: Ohio Department of Health, Public Health Information Warehouse, updated 10/20/19)

The following map shows the Ohio 5-year average infant mortality rate, by county from 2013 to 2017.

- From 2013 to 2017, the Ohio infant mortality rate was 7.2 per 1,000 live births.
- The Erie County infant mortality rate from 2013 to 2017 was 8.3 per 1,000 live births.

### Ohio Infant Mortality Average 5-Year Rate by County, 2013 to 2017



(Source: Ohio Department of Health, Bureau of Vital Statistics, 2017 Ohio Infant Mortality Data: General Findings)

# Youth Health: Weight Status

## Key Findings

Nearly one-fifth (17%) (approximately 1,266) of Erie County youth were obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 29% (approximately 2,159) of Erie County youth reported that they were slightly or very overweight. Thirteen percent (13%) (approximately 968) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.

**2,457 Erie County youth were classified as overweight or obese.**

## Youth Weight Status

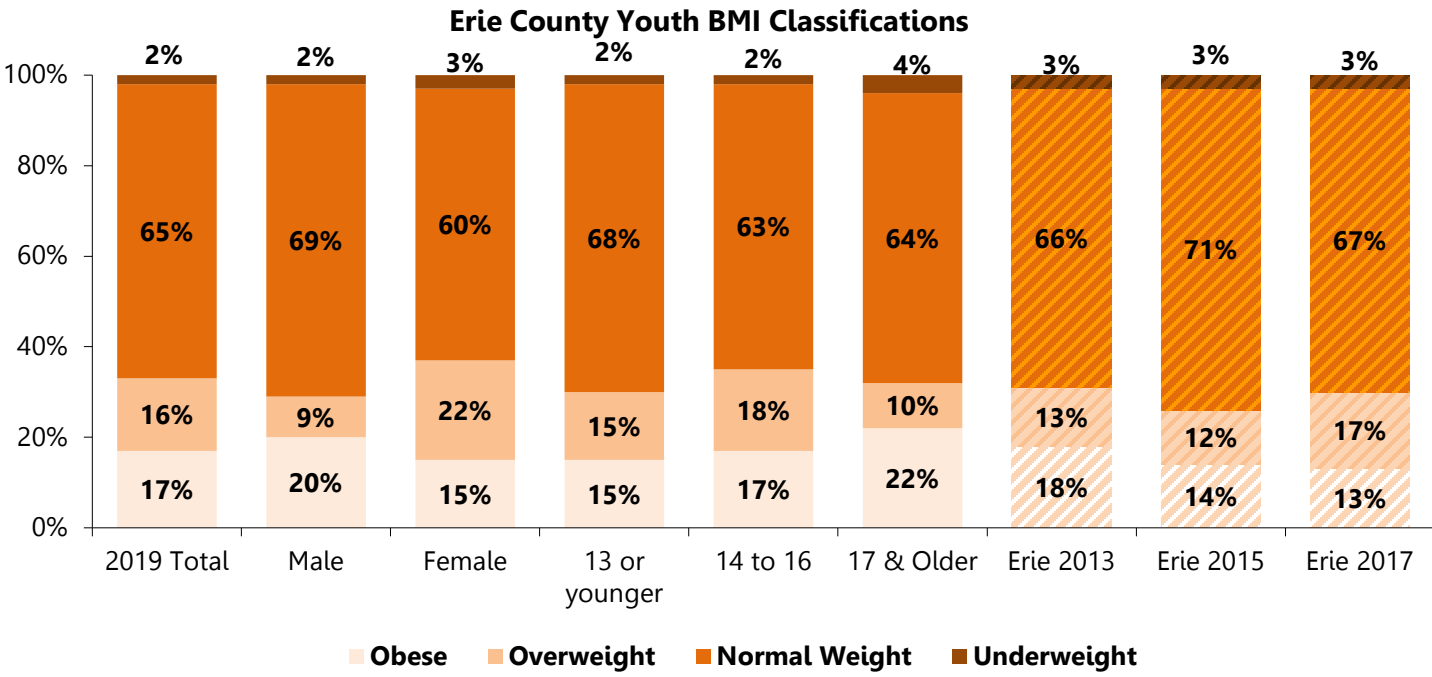
- BMI for children is calculated differently from adults. The CDC uses BMI-for-age, which is gender and age specific as children's body fat changes over the years as they grow. In children and teens, BMI is used to assess underweight, normal, overweight, and obese.
- Nearly one-fifth (17%) (approximately 1,266) of Erie County youth were classified as obese by body mass index (BMI) calculations, 16% (approximately 1,191) of youth were classified as overweight, 65% (approximately 4,839) were normal weight; and 2% (149) were underweight.
- Twenty-nine percent (29%) (approximately 2,159) of youth described themselves as being either slightly or very overweight.
- Youth did the following to lose or keep from gaining weight in the past 30 days:
  - Exercised (52%)
  - Drank more water (44%)
  - Ate more fruits and vegetables (30%)
  - Ate less food, fewer calories, or foods lower in fat (29%)
  - Skipped meals (20%)
  - Went without eating for 24 hours or more (7%)
  - Vomited or took laxatives (2%)
  - Smoked cigarettes or e-cigarettes (2%)
  - Took diet pills, powders, or liquids without a doctor's advice (1%)
  - Used illegal drugs (1%)
- Thirty-seven percent (37%) (approximately 2,755) of youth did not do anything to lose or keep from gaining weight.

### Healthy People 2020 Nutrition and Weight Status (NWS)

Objective	Erie County 2019	U.S. 2017	Healthy People 2020 Target
<b>NWS-10.4 Reduce the proportion of children and adolescents aged 2 to 19 years who are considered obese</b>	17% (6-12 Grade)  19% (9-12 Grade)	15% (9-12 Grade)	15%

Note: The Healthy People 2020 target is for children and youth aged 2-19 years.  
(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2019 Erie County Health Assessment)

The following graph shows the percentage of Erie County youth who were classified as obese, overweight, normal weight or underweight according to body mass index (BMI) by age. An example of how to interpret the information includes: 65% of all Erie County youth were classified as normal weight, 17% were obese, 16% were overweight, and 2% were underweight.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

**Youth Nutrition**

- Ten percent (10%) (approximately 745) of Erie County youth reported they went to bed hungry on at least one day in the past week because their family did not have enough money for food. Two percent (2%) (approximately 149) of youth went to bed hungry every night of the week.
- About one-fourth (24%) (approximately 1,787) of youth ate 5 or more servings of fruits **and/or** vegetables per day; 35% of youth ate 3-4 servings; and 37% of youth ate 1-2 servings. Four percent (4%) of youth ate 0 servings of fruits and/or vegetables per day.

The table below indicates the number of servings Erie County youth had of fruit, vegetables, sugar-sweetened beverages and caffeinated beverages per day.

	5 or more servings	3-4 servings	1-2 servings	0 servings
<b>Fruit</b>	8%	15%	70%	7%
<b>Vegetables</b>	4%	14%	67%	15%
<b>Sugar-sweetened beverage</b>	9%	21%	54%	16%
<b>Water</b>	39%	35%	24%	2%

## Youth Physical Activity

- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
  - 3 or more days (70%)
  - 5 or more days (51%)
  - Every day (27%)
  - 0 days (13%)
- Erie County youth spent an average of 2.6 hours on doing homework, 1.7 hours watching TV, 1.4 hours playing video games, and 1.2 hours on a cell phone on an average day of the week.
- Almost one-quarter (24%) (approximately 1,787) of youth spent three or more hours watching TV on an average day.

Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Obese</b>	18%	14%	13%	17%	19%	15%
<b>Overweight</b>	13%	12%	17%	16%	16%	16%
<b>Described themselves as slightly or very overweight</b>	28%	28%	28%	29%	32%	32%
<b>Exercised to lose weight</b> (in the past 30 days)	51%	44%	43%	52%	49%	N/A
<b>Ate less food, fewer calories, or foods lower in fat to lose weight</b> (in the past 30 days)	32%	26%	24%	29%	37%	N/A
<b>Went without eating for 24 hours or more</b> (in the past 30 days)	6%	5%	2%	7%	8%	N/A
<b>Took diet pills, powders, or liquids without a doctor's advice</b> (in the past 30 days)	3%	2%	3%	1%	2%	N/A
<b>Vomited or took laxatives</b> (in the past 30 days)	1%	2%	2%	2%	5%	N/A
<b>Physically active at least 60 minutes per day on every day in past week</b>	22%	27%	26%	27%	27%	26%
<b>Physically active at least 60 minutes per day on 5 or more days in past week</b>	47%	46%	49%	51%	42%	46%
<b>Did not participate in at least 60 minutes of physical activity on any day in past week</b>	15%	14%	13%	13%	16%	15%
<b>Watched 3 or more hours per day of television</b> (on an average school day)	27%	25%	26%	24%	29%	21%

N/A – Not Available



## Health Effects of Childhood Obesity

Childhood obesity has both immediate and long-term effects on health and well-being.

### Immediate health effects:

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

### Long-term health effects:

- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.
- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma.

*(Sources: CDC, Childhood Overweight and Obesity, Updated: 12/15/16)*

# Youth Health: Tobacco Use

## Key Findings

*Two percent (2%) (approximately 149) of Erie County youth were current smokers. Eighteen percent (18%) (approximately 1,340) of youth used e-cigarettes in the past year. Of youth who had used e-cigarettes in the past 12 months, 61% put e-liquid or e-juice with nicotine in them.*

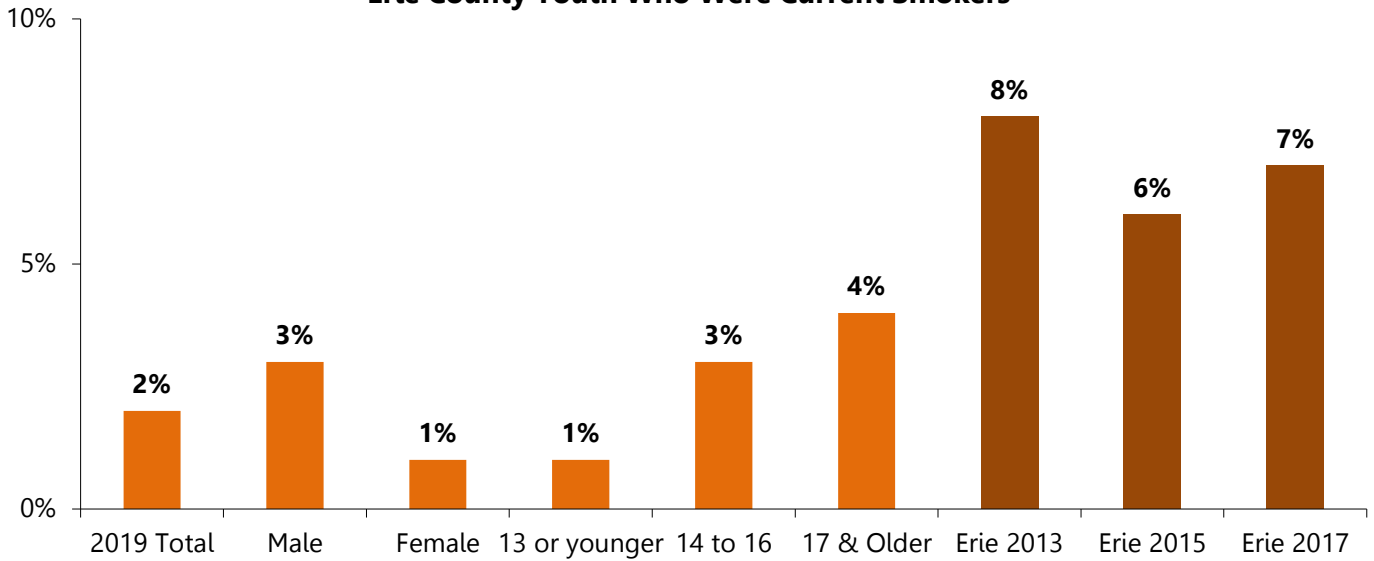
**1,340 Erie County youth used e-cigarettes in the past year.**

## Youth Tobacco Use

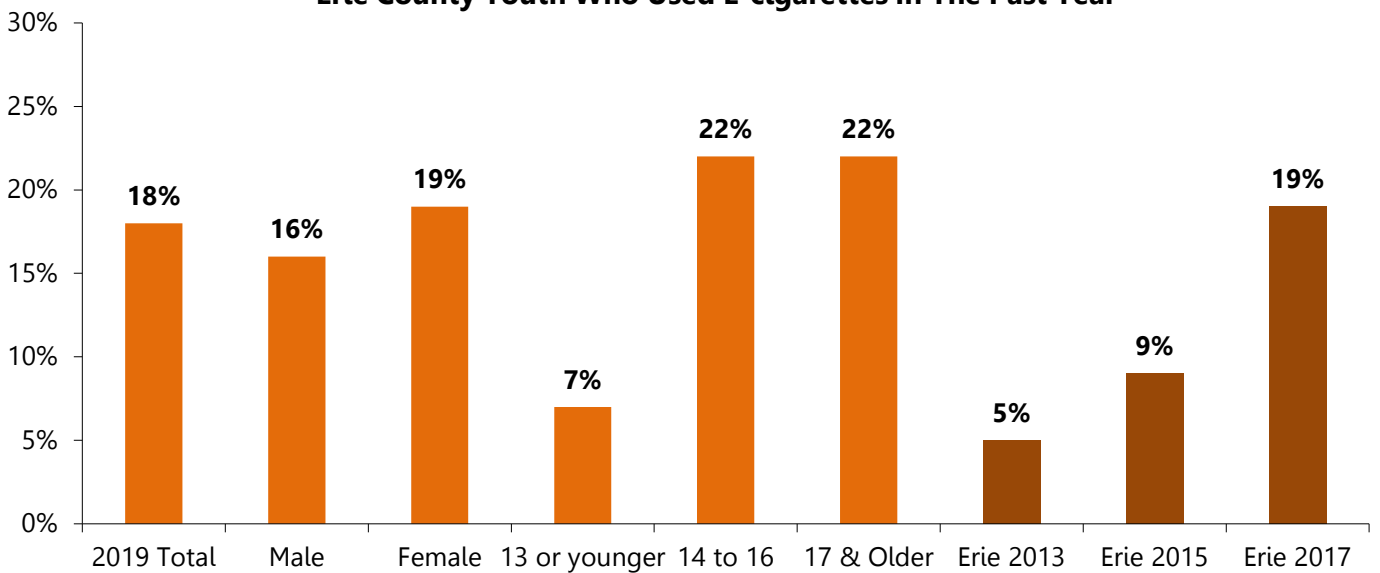
- Seven percent (7%) (approximately 521) of Erie County youth had tried cigarette smoking, increasing to 9% of males and 11% of those ages 17 and older.
- Two percent (2%) (approximately 149) of all youth had smoked a whole cigarette for the first time before the age of 13.
- Nearly one-fifth (18%) of those who had smoked a whole cigarette did so at 10 years old or younger, and another 6% had done so by 12 years old. The average age of onset for smoking was 13.5 years old.
- Two percent (2%) (approximately 149) of Erie County youth were current smokers, having smoked at some time in the past 30 days.
- Forty percent (40%) of youth identified as current smokers were also current drinkers, defined as having had a drink of alcohol in the past 30 days.
- Youth used the following forms of tobacco in the past year:
  - E-cigarettes (i.e., JUUL) (18%) (approximately 1,340)
  - Swishers (6%)
  - Black and Milds (5%)
  - Cigarettes (3%)
  - Cigarillos (2%)
  - Cigars (1%)
  - Chewing tobacco, snuff, or dip (1%)
  - Hookah (1%)
  - Little cigars (1%)
  - Pouch [snus] (<1%)
  - Dissolvable tobacco products (<1%)
- Of youth that had used e-cigarettes in the past 12 months, they reported putting the following in them:
  - E-liquid or e-juice with nicotine (61%)
  - E-liquid or e-juice without nicotine (51%)
  - Marijuana or THC in the e-liquid (23%)
  - Homemade e-liquid or e-juice (3%)
- Nearly one-third (31%) (approximately 2,308) of youth thought there was a great risk in harming themselves physically or in other ways if they used electronic vapor products. Nine percent (9%) (approximately 670) of youth thought there was no risk in using electronic vapor products.
- Twenty-nine percent (29%) (approximately 2,159) of youth strongly agreed that the legal age to purchase tobacco/cigarettes/e-cigarettes should be 21. Nine percent (9%) (approximately 670) of youth strongly disagreed.

The following graphs shows the percentage of Erie County youth who were current smokers and youth who used e-cigarettes in the past year. An example of how to interpret the information includes: 2% of youth were current smokers, including 3% of males and 1% of females.

**Erie County Youth Who Were Current Smokers**



**Erie County Youth Who Used E-cigarettes In The Past Year**



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

## Healthy People 2020 Tobacco Use (TU)

Objective	Erie County 2019	U.S. 2017	Healthy People 2020 Target
<b>TU-2.2 Reduce use of cigarettes by adolescents</b> (past month)	2% (6-12 Grade)  5% (9-12 Grade)	9% (9-12 Grade)	16%

*Note: The Healthy People 2020 target is for youth in grades 9-12.*

*(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2019 Erie County Health Assessment)*

*The table below indicates correlations between current smokers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 80% of current smokers had sexual intercourse in their lifetime, compared to 21% of non-current smokers.*

### Behaviors of Erie County Youth Current Smokers vs. Non-Current Smokers

Youth Behaviors	Current Smoker	Non-Current Smoker
<b>Currently participate in extracurricular activities</b>	81%	93%
<b>Had sexual intercourse</b> (in their lifetime)	80%	21%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	60%	21%
<b>Used marijuana</b> (in the past 30 days)	50%	7%
<b>Felt sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	50%	29%
<b>Had at least one drink of alcohol</b> (in the past 30 days)	40%	12%
<b>Bullied</b> (in the past 12 months)	40%	39%
<b>Misused prescription medication</b> (in the past 30 days)	30%	3%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	20%	12%
<b>Attempted suicide</b> (in the past 12 months)	20%	5%

*"Current smokers" indicate youth who self-reported smoking at any time during the past 30 days.*

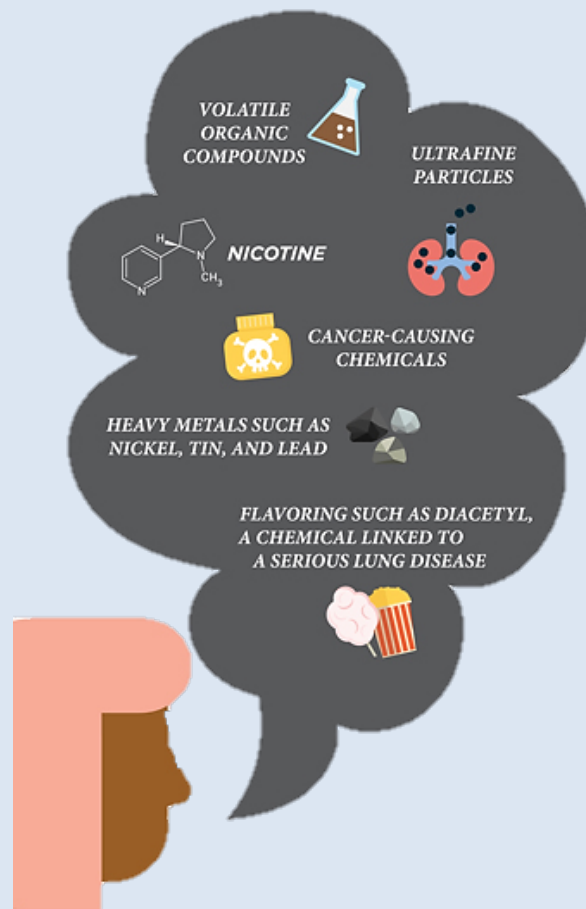
*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Ever tried cigarette smoking</b> (even one or two puffs)	18%	18%	14%	7%	11%	29%
<b>Current smoker</b> (smoked on at least 1 day during the past 30 days)	8%	6%	7%	2%	5%	9%
<b>Smoked a whole cigarette for the first time before the age of 13</b> (of all youth)	4%	3%	2%	2%	3%	10%

*N/A-Not Available*

## What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine and other substances. Nicotine is highly addictive and can harm brain development that control attention, learning, mood, and impulse control, which continues until about age 25.
- A 2018 National Academy of Medicine report found some evidence that e-cigarette use increases the frequency and amount of cigarette smoking in the future.
- Although researchers are still investigating the long-term health effects, some of the ingredients in e-cigarette aerosols is NOT harmless "water vapor" and can be very harmful to the lungs.
- It is difficult for consumers to know what e-cigarette products contain; many e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.
- Additionally, defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries. Children and adults have also been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.



(Sources: CDC, *Smoking & Tobacco Use; What's the Bottom Line on the Risks of E-cigarettes for Kids, Teens, and Young Adults?* March 11, 2019)

# Youth Health: Alcohol Consumption

## Key Findings

*One-third (33%) (approximately 2,457) of Erie County youth had drunk at least one drink of alcohol in their life. Thirteen percent (13%) (approximately 968) of youth had at least one drink in the past 30 days, defining them as a current drinker. Of those who drank, 44% were defined as binge drinkers.*

**447 youth were considered binge drinkers.**

## Youth Alcohol Consumption

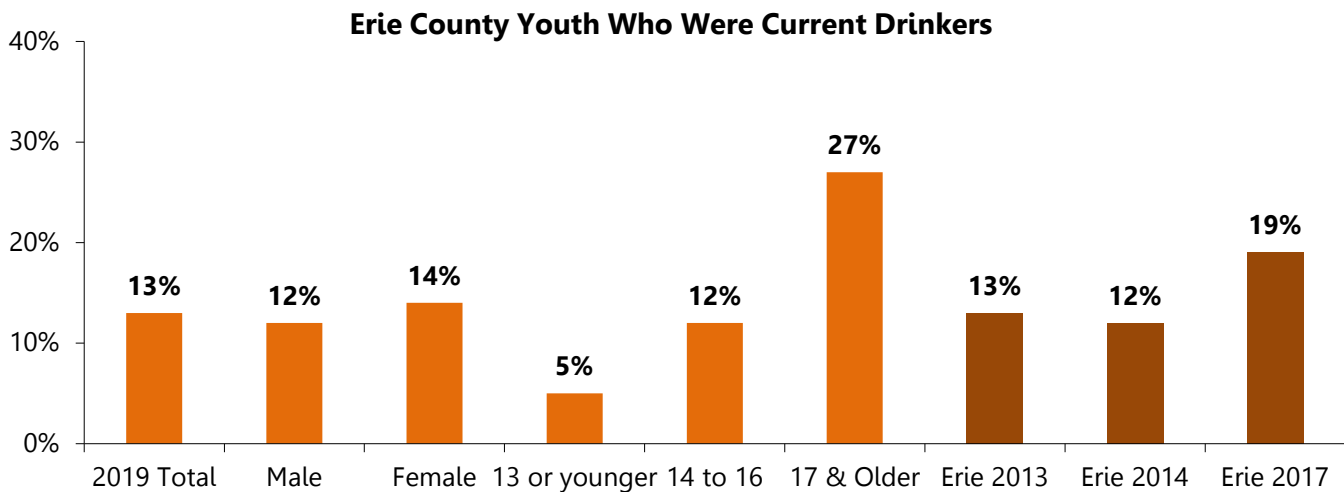
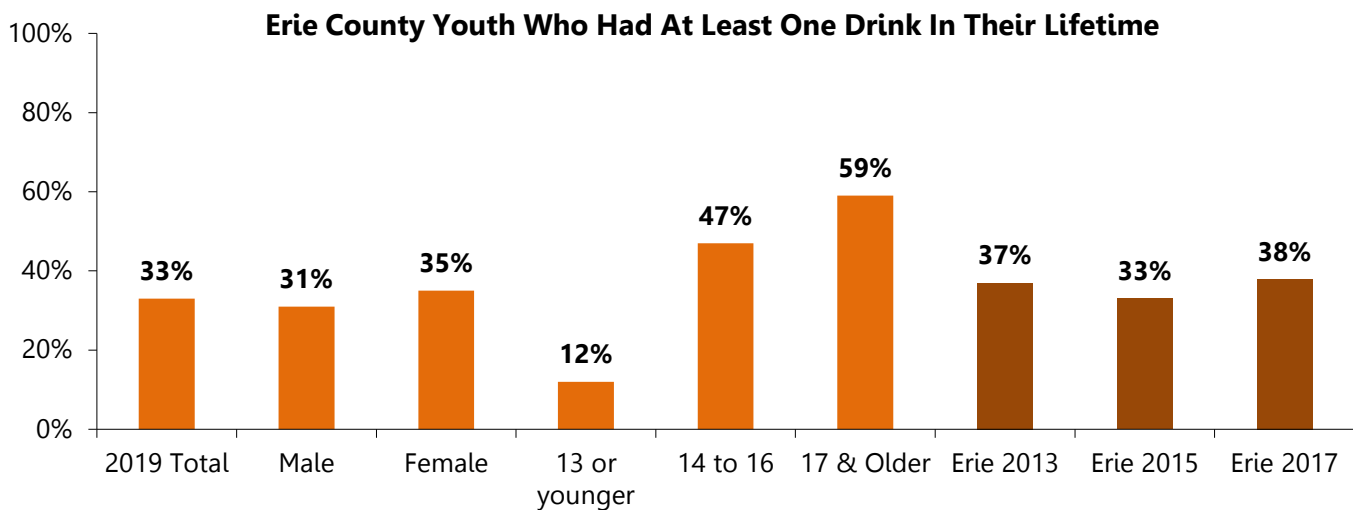
- One-third (33%) (approximately 2,457) of youth had at least one drink of alcohol in their life, increasing to 59% of those ages 17 and older.
- Thirteen percent (13%) (approximately 968) of youth had at least one drink in the past 30 days, increasing to 27% of those ages 17 and older.
- Based on all youth surveyed, 6% (approximately 447) had five or more alcoholic drinks on an occasion in the last month and would be considered binge drinkers, increasing to 12% of those ages 17 and older. Of those who drank, 44% were defined as binge drinkers.
- Of all youth, 13% had drunk alcohol for the first time before the age of 13.
- Over one-third (38%) of youth who reported drinking at some time in their life had their first drink at 12 years old or younger, 25% took their first drink between the ages of 13 and 14, and 37% started drinking between the ages of 15 and 18. The average age of onset was 12.9 years old.
- Three percent (3%) (approximately 223) of Erie County had been told by their friends that they drink too much alcohol.
- Youth drinkers reported the following ways of obtaining their alcohol:
  - A parent gave it to them (32%)
  - Someone gave it to them (32%)
  - Someone older bought it (27%)
  - An older friend or sibling bought it for them (24%)
  - Took it from a store or family member (10%)
  - A friend's parent gave it to them (7%)
  - Bought it in a liquor store, convenience store, supermarket, discount store, or gas station (7%)
  - Used a fake ID (2%)
  - Some other way (29%)
- Youth drinkers usually drank alcohol in the following places:
  - Home (65%)
  - A friend's home (52%)
  - Another person's home (33%)
  - A public event such as a concert or sporting event (13%)
  - A public place such as a park, beach or parking lot (11%)
  - While riding in or driving a car or other vehicle (6%)
  - No one reported drinking alcohol at a restaurant, bar or club or on school property
- During the past month, 10% (approximately 745) of all Erie County youth had ridden in a car driven by someone who had been drinking alcohol.
- Five percent (5%) of youth drivers had driven a car in the past month after they had been drinking alcohol.

## Healthy People 2020 Substance Abuse (SA)

Objective	Erie County 2019	U.S. 2017	Healthy People 2020 Target
<b>SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month</b>	6% (6-12 Grade)  11% (9-12 Grade)	14% (9-12 Grade)	9%

*Note: The Healthy People 2020 target is for youth aged 12-17 years.  
(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2019 Erie County Health Assessment)*

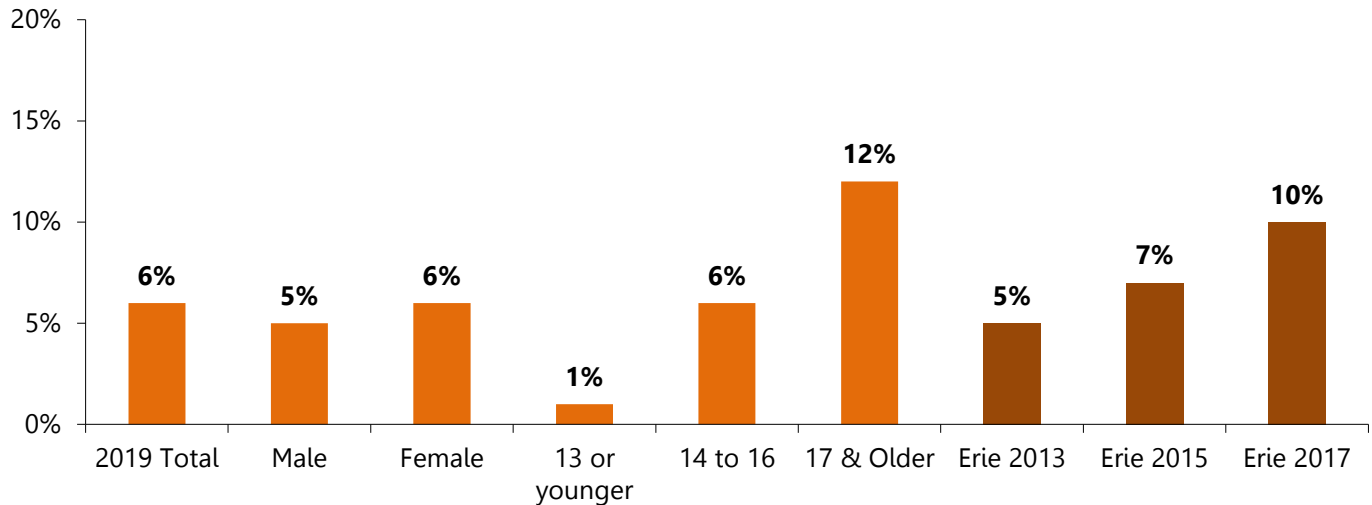
*The following graphs show the percentage of Erie County youth who drank in their lifetime and who were current drinkers. An example of how to interpret the information on the first graph includes: 33% of all Erie County youth had drank at some time in their life, including 59% of youth ages 17 and over.*



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

The following graph shows the percentage of Erie County youth who binge drank in the past month. An example of how to interpret the information includes: 6% of youth binge drank, including 12% of youth ages 17 and older.

### Erie County Youth Binge Drinking in Past Month



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between current drinkers and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 43% of current drinkers had experienced 3 or more ACEs in their lifetime, compared to 19% of non-current drinkers.

### Behaviors of Erie County Youth Current Drinkers vs. Non-Current Drinkers

Youth Behaviors	Current Drinker	Non-Current Drinker
<b>Currently participate in extracurricular activities</b>	93%	93%
<b>Had sexual intercourse</b> (in their lifetime)	57%	17%
<b>Bullied</b> (in the past 12 months)	50%	37%
<b>Felt sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	49%	26%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	43%	19%
<b>Used marijuana</b> (in the past 30 days)	31%	5%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	27%	10%
<b>Attempted suicide</b> (in the past 12 months)	20%	3%
<b>Misused prescription medication</b> (in the past 30 days)	10%	2%
<b>Smoked cigarettes</b> (in the past 30 days)	7%	1%

"Current drinkers" indicate youth who self-reported having had at least one drink of alcohol during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Ever drank alcohol</b> (at least one drink of alcohol on at least 1 day during their life)	37%	33%	38%	33%	54%	60%
<b>Current Drinker</b> (at least one drink of alcohol on at least 1 day during the past 30 days)	13%	12%	19%	13%	21%	30%
<b>Binge drinker</b> (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	5%	7%	10%	6%	11%	14%
<b>Drank for the first time before age 13</b> (of all youth)	11%	11%	8%	13%	14%	16%
<b>Obtained the alcohol they drank by someone giving it to them</b> (of youth drinkers)	38%	34%	35%	32%	38%	44%
<b>Rode with a driver who had been drinking alcohol</b> (in a car or other vehicle on 1 or more occasion during the past 30 days)	17%	15%	12%	10%	9%	17%
<b>Drove when they had been drinking alcohol</b> (in a car or vehicle, 1 or more times during the 30 days before the survey, among youth who had driven a car or other vehicle)	2%	4%	8%	5%	3%	6%

N/A-Not Available

### Consequences of Underage Drinking

- Youth who drink alcohol are more likely to experience the following:
  - School problems, such as higher absence and poor or failing grades
  - Social problems, such as fighting and lack of participation in youth activities
  - Legal problems, such as arrest for driving or physically hurting someone while drunk
  - Physical problems, such as hangovers or illnesses
  - Unwanted, unplanned, and unprotected sexual activity
  - Disruption of normal growth and sexual development
  - Physical and sexual assault
  - Higher risk for suicide and homicide
  - Alcohol-related car crashes and other unintentional injuries, such as burns, falls, and drowning
  - Memory problems
  - Abuse of other drugs
  - Changes in brain development that may have life-long effects
  - Death from alcohol poisoning
- In general, the risk of youth experiencing these problems is greater for those who binge drink than for those who do not binge drink.
- Early initiation of drinking is associated with development of an alcohol use disorder later in life.

(Source: CDC, Alcohol and Public Health, updated on August 2, 2018)

# Youth Health: Drug Use

## Key Findings

In 2019, 8% (approximately 596) of Erie County youth had used marijuana at least once in the past 30 days. Four percent (4%) (approximately 298) of youth used prescription drugs not prescribed for them in the past month.

**596 Erie County youth were current marijuana users.**

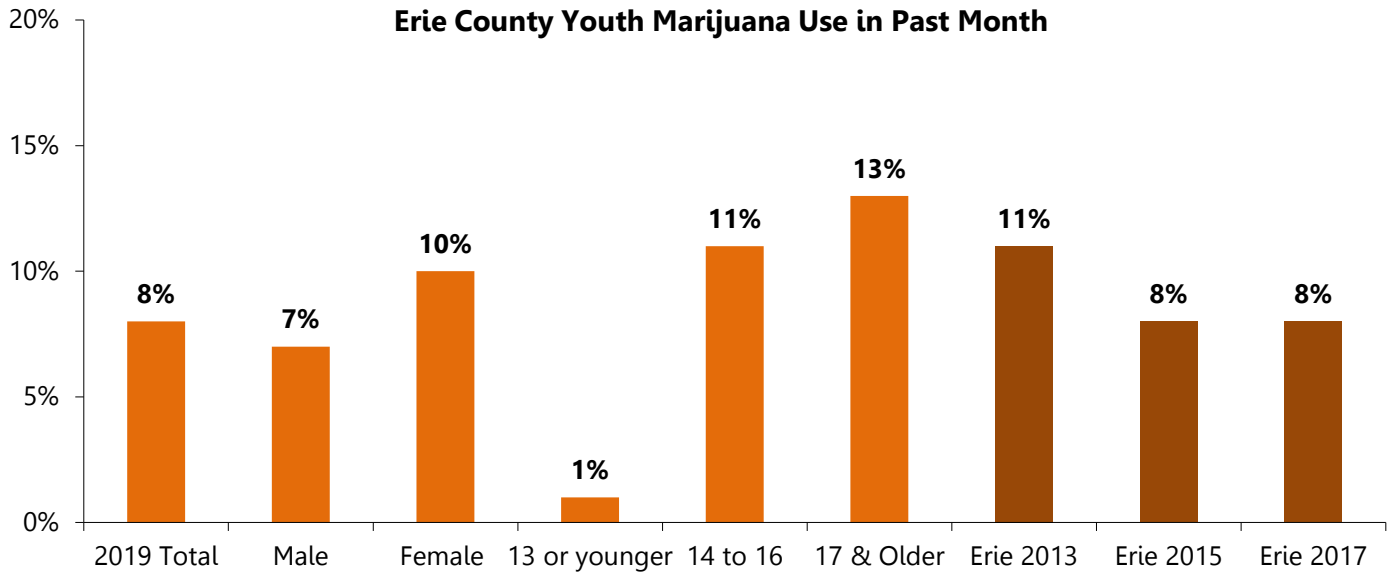
## Youth Drug Use

- In 2019, 8% (approximately 596) of Erie County youth had used marijuana at least once in the past 30 days, increasing to 13% of those ages 17 and over.
- In the past month, 4% (approximately 298) of youth reported using prescriptions drugs not prescribed for them.
- Youth who misused prescription medications got them in the following ways: a parent gave it to them (34%), a friend gave it to them (31%), they took it from a friend or family member (31%), the internet (24%), bought it from someone else (24%), bought it from a friend (21%), and another family member gave it to them (10%).
- Erie County youth had tried the following in their life:
  - Dab card/pen (8%)
  - Liquid THC (4%)
  - Inhalants (4%)
  - Prescription medications not prescribed for them, or took more than was prescribed (3%)
  - Misused cough syrup (2%)
  - Misused hand sanitizer (2%)
  - Methamphetamines (2%)
  - Steroid pills or shots without a doctor's prescription (1%)
  - Bath salts (1%)
  - Ecstasy/MDMA/Molly (1%)
  - Posh/salvia/synthetic marijuana (1%)
  - Heroin (1%)
  - Steroids (1%)
  - Went to a pharm party (1%)
  - GhB (1%)
  - Hallucinogenic drugs (1%)
  - Carfentanil/Fentanyl (1%)
  - Misused over-the-counter medications (1%)
  - Cocaine (1%)
  - K2/spice (<1%)
  - Misused suboxone (<1%)
- Youth indicated the following reasons for not using drugs: parents would be upset (67%), their values (54%), legal consequences (49%), kicked out of extra-curricular activities (47%), their friends would not approve (36%), health problems (35%), random student drug testing (18%), and other (26%). One percent (1%) reported they were currently in treatment.

**Accessibility of Substances to Erie County Youth**

Substance	Available	Not Available	Don't Know
<b>Alcohol</b>	46%	38%	16%
<b>Vapes/E-cigarettes</b>	39%	49%	12%
<b>Tobacco</b>	34%	54%	12%
<b>Marijuana</b>	25%	61%	14%
<b>Prescription drugs not prescribed to you</b>	20%	63%	17%
<b>Synthetic drugs (ex. K2, Spice, etc.)</b>	2%	79%	19%
<b>Cocaine</b>	2%	83%	15%
<b>Heroin</b>	2%	83%	15%
<b>Methamphetamines</b>	1%	82%	17%

The following graph shows youth marijuana use in the past 30 days. An example of how to interpret the information includes: 8% of youth used marijuana in the past 30 days, including 10% of females and 13% of those 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between 30-day marijuana use and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 95% of current marijuana users currently participated in extracurricular activities, compared to 93% of non-current marijuana users.

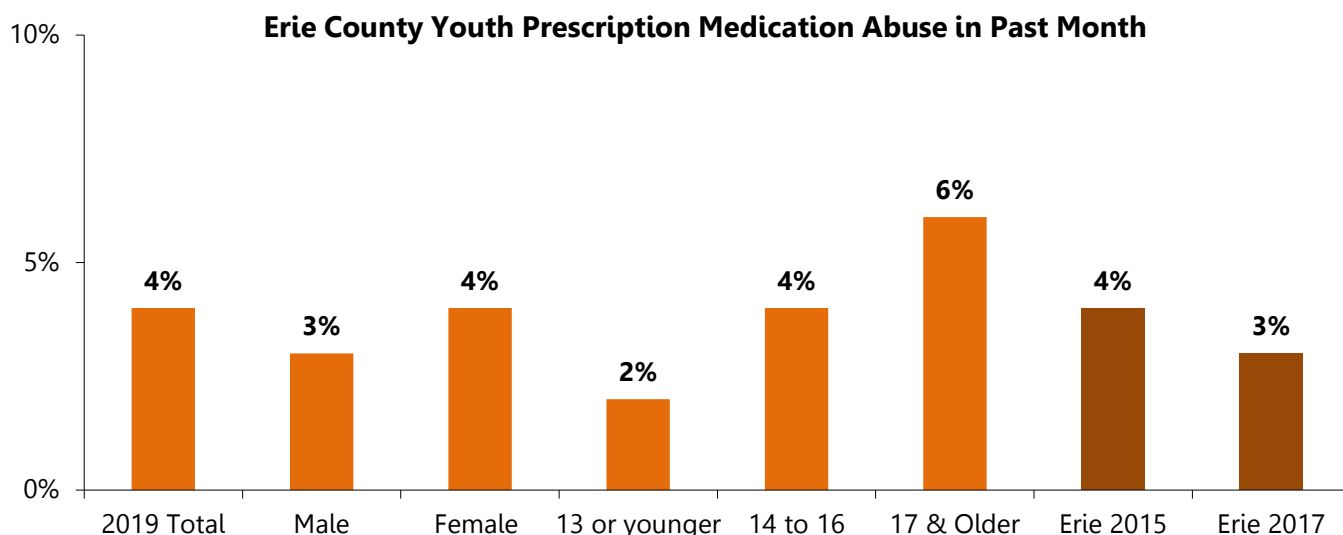
**Behaviors of Erie County Youth**  
Current Marijuana Use vs. Non-Current Marijuana Use

Youth Behavior	Current Marijuana User	Non-Current Marijuana User
Currently participate in extracurricular activities	95%	93%
Had sexual intercourse (in their lifetime)	71%	17%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	59%	19%
Bullied (in the past 12 months)	58%	37%
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	55%	27%
Had at least one drink of alcohol (in the past 30 days)	47%	10%
Seriously considered attempting suicide (in the past 12 months)	26%	11%
Smoked cigarettes (in the past 30 days)	13%	1%
Misused prescription medication (in the past 30 days)	13%	3%
Attempted suicide (in the past 12 months)	13%	5%

"Current marijuana use" indicates youth who self-reported using marijuana at any time during the past 30 days.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows youth prescription medication abuse in the past 30 days. An example of how to interpret the information includes: 4% of youth have misused prescription medication in the past 30 days, including 6% of those 17 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Used marijuana in the past month</b>	11%	8%	8%	8%	17%	20%
<b>Prescription medication abuse in the past month</b>	N/A	4%	3%	4%	5%	N/A
<b>Ever used methamphetamines</b> (in their lifetime)	2%	2%	1%	2%	2%	3%
<b>Ever used cocaine</b> (in their lifetime)	1%	3%	3%	1%	1%	5%
<b>Ever used heroin</b> (in their lifetime)	1%	1%	1%	1%	2%	2%
<b>Ever used inhalants</b> (in their lifetime)	4%	7%	5%	4%	5%	6%
<b>Ever took steroids without a doctor's prescription</b> (in their lifetime)	2%	3%	3%	1%	2%	3%
<b>Ever used ecstasy</b> (also called MDMA in their lifetime)	2%	2%	2%	1%	2%	4%
<b>Ever used hallucinogenic drugs</b> (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms in their lifetime)	N/A	N/A	N/A	1%	2%	7%

N/A-Not Available

# Youth Health: Perceptions of Substance Use

## Key Findings

*In 2019, 62% (approximately 4,616) of Erie County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. Twenty-four percent (24%) (approximately 1,787) of youth thought there was no risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Seventy-one percent (71%) (approximately 5,286) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.*

## Degree of Disapproval of Use by Parents

- Eighty-five percent (85%) (approximately 6,328) of Erie County youth reported their parents would feel it was very wrong for them to smoke tobacco, increasing to 88% of youth under the age of 13.
- Nearly three-fourths (71%) (approximately 5,286) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 64% of those ages 17 and older.
- Sixty-nine percent (69%) (approximately 5,137) of youth reported their parents would feel it was very wrong for them to smoke marijuana, decreasing to 46% of those ages 17 and older.
- More than four-fifths (85%) (approximately 6,328) of youth reported their parents would feel it was very wrong for them to use prescription drugs not prescribed to them.

## Degree of Disapproval of Use by Peers

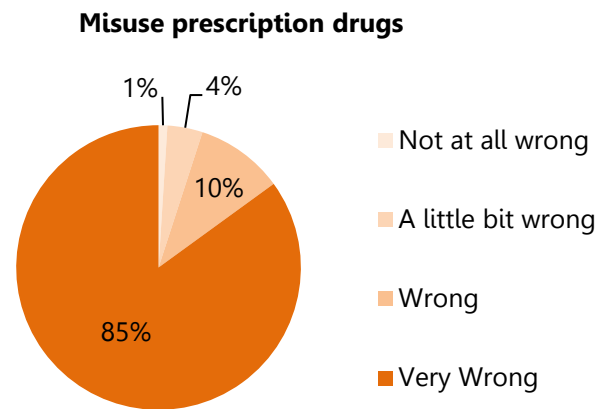
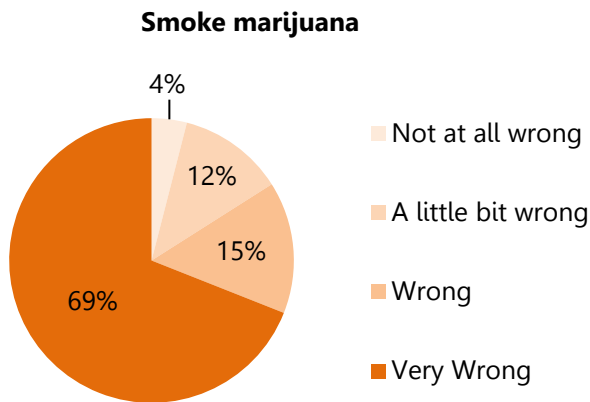
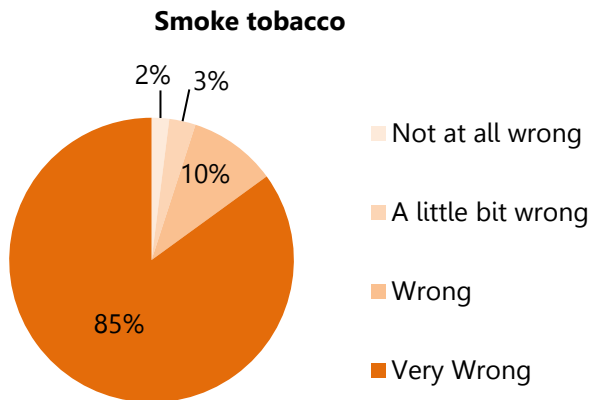
- Nearly three-fifths (56%) (approximately 4,169) of Erie County youth reported their peers would feel it was very wrong for them to smoke tobacco, decreasing to 41% of youth those ages 17 and older.
- Half (50%) (approximately 3,723) of youth reported their peers would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day, decreasing to 27% of those ages 17 and older.
- Almost half (46%) (approximately 3,425) of youth reported their peers would feel it was very wrong for them to smoke marijuana, decreasing to 18% of those ages 17 and older.
- Sixty-eight percent (68%) (approximately 5,063) of youth reported their peers would feel it was very wrong for them to use prescription drugs not prescribed to them, increasing to 72% of females.

## Perceived Risk of Substance Use

- More than three-fifths (62%) (approximately 4,616) of Erie County youth thought there was a great risk in harming themselves physically or in other ways if they smoked one or more packs of cigarettes per day. Seven percent (7%) (approximately 521) of youth thought there was no risk in smoking one or more packs of cigarettes per day.
- One-third (33%) (approximately 2,457) of youth thought there was a great risk in harming themselves physically or in other ways if they drank five or more alcoholic beverages once or twice a week. Eight percent (8%) (approximately 596) of youth thought there was no risk in drinking five or more alcoholic beverages once or twice a week.
- About one-third (31%) (approximately 2,308) of youth thought there was great risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Twenty-four percent (24%) (approximately 1,787) of youth thought there was no risk in smoking marijuana once or twice a week.
- Over three-fifths (65%) (approximately 4,839) of youth thought there was a great risk in harming themselves physically or in other ways if they used prescription drugs not prescribed to them. Three percent (3%) (approximately 223) of youth thought there was no risk in misusing prescription medication.

## Degree of Disapproval by Parents

How wrong do your parents feel it would be for you to do the following:

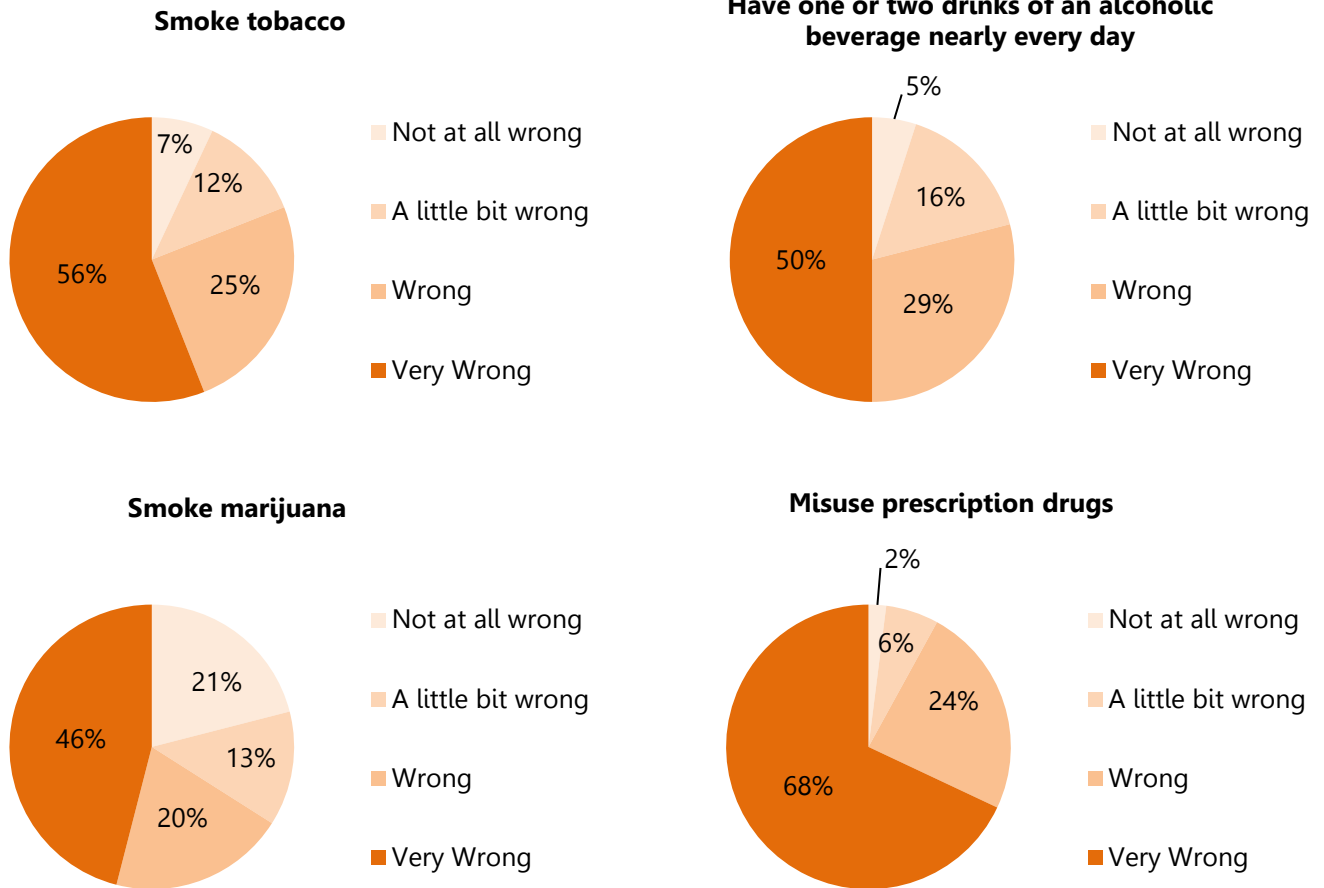


## Perceived Degree of Great Disapproval by Parents

Parents feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
<b>Smoke tobacco</b>	85%	83%	87%	88%	85%	80%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	71%	76%	68%	80%	70%	64%
<b>Smoke marijuana</b>	69%	68%	70%	86%	66%	46%
<b>Misuse prescription drugs</b>	85%	85%	84%	85%	84%	87%

## Degree of Disapproval by Peers

How wrong do your friends feel it would be for you to do the following:



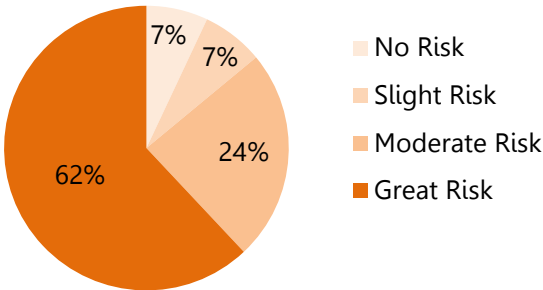
## Perceived Degree of Great Disapproval by Peers

Friends feel it would be very wrong for you to do the following:	Total	Female	Male	13 or younger	14-16 years old	17 or older
<b>Smoke tobacco</b>	56%	65%	48%	70%	53%	41%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	50%	57%	42%	66%	47%	27%
<b>Smoke marijuana</b>	46%	49%	42%	69%	40%	18%
<b>Misuse prescription drugs</b>	68%	72%	64%	69%	68%	67%

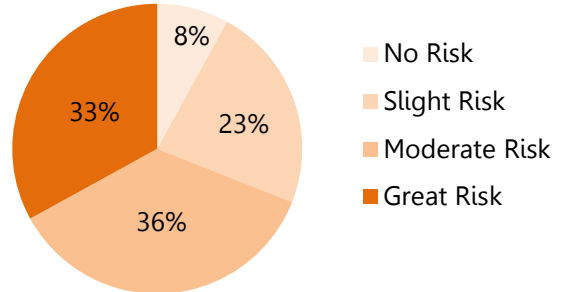
## Perceived Risk of Substance Use

How much do you think people risk harming themselves if they do the following:

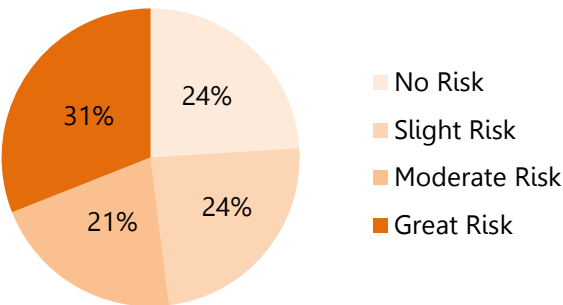
**Smoke one or more packs of cigarettes per day**



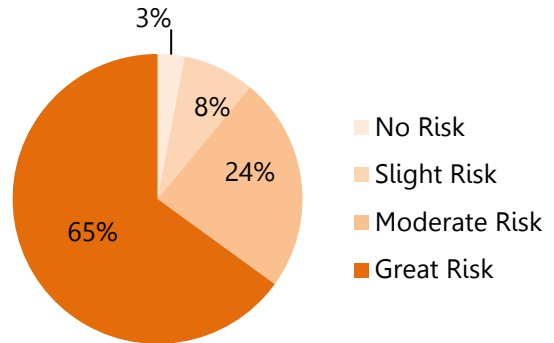
**Have five or more drinks of an alcoholic beverage once or twice a week**



**Smoke marijuana once or twice a week**



**Misuse prescription drugs**



## Perceived Great Risk of Substance Use

How much do you think people risk harming themselves if they:	Total	Female	Male	13 or younger	14-16 years old	17 or older
<b>Smoke one or more packs of cigarettes per day</b>	62%	63%	60%	67%	57%	67%
<b>Have five or more drinks of an alcoholic beverage once or twice a week</b>	33%	41%	26%	35%	34%	30%
<b>Smoke marijuana once or twice a week</b>	31%	34%	29%	50%	26%	15%
<b>Misuse prescription drugs</b>	65%	69%	61%	69%	60%	69%



<b>Youth Comparisons</b>	<b>Erie County 2011 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2013 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2015 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2017 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2019 (6<sup>th</sup>-12<sup>th</sup>)</b>
<b>Perceived Degree of Great Disapproval by Parents</b>					
<b>Smoke tobacco</b>	85%	83%	80%	90%	85%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	64%	76%	78%	77%	71%
<b>Smoke marijuana</b>	86%	85%	77%	71%	69%
<b>Misuse prescription drugs</b>	N/A	87%	85%	89%	85%
<b>Perceived Degree of Great Disapproval by Peers</b>					
<b>Smoke tobacco</b>	N/A	54%	52%	58%	56%
<b>Have one or two drinks of an alcoholic beverage nearly every day</b>	N/A	46%	49%	53%	50%
<b>Smoke marijuana</b>	N/A	55%	53%	52%	46%
<b>Misuse prescription drugs</b>	N/A	67%	70%	71%	68%
<b>Perceived Great Risk of Substance Use</b>					
<b>Smoke one or more packs of cigarettes per day</b>	53%	59%	60%	62%	62%
<b>Have five or more drinks of an alcoholic beverage once or twice a week</b>	37%	41%	41%	37%	33%
<b>Smoke marijuana once or twice a week</b>	47%	40%	38%	38%	31%
<b>Misuse prescription drugs</b>	N/A	65%	69%	69%	65%

*N/A – Not Available*

# Youth Health: Sexual Behavior

## Key Findings

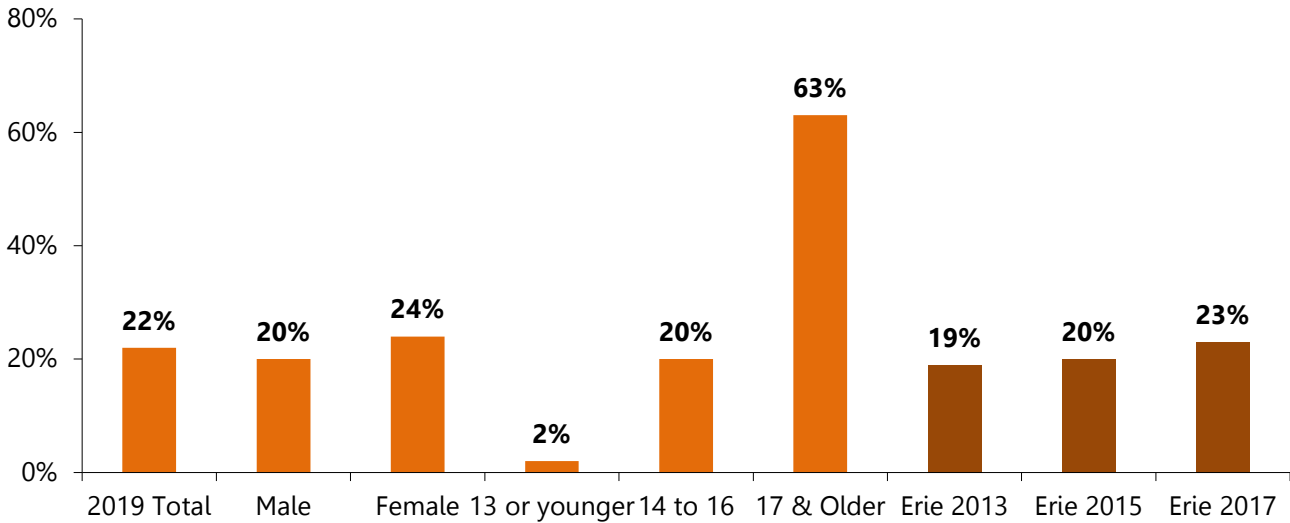
*In 2019, 22% (approximately 1,638) of Erie County youth had sexual intercourse. Seventeen percent (17%) of sexually active youth had 4 or more sexual partners. Thirteen percent (13%) of youth engaged in intercourse without a reliable method of protection, and 14% reported they were unsure if they used a reliable method.*

## Youth Sexual Behavior

- Nearly one-fourth (22%) (approximately 1,638) of Erie County youth had sexual intercourse, increasing to 63% of those ages 17 and over.
- About one-fifth (17%) (approximately 1,266) of youth had participated in oral sex, increasing to 49% of those ages 17 and over.
- Three percent (3%) (approximately 223) of youth had participated in anal sex, increasing to 8% of those ages 17 and over.
- Nineteen percent (19%) (approximately 1,415) of youth had participated in sexting, increasing to 41% of those ages 17 and over.
- Twenty-four percent (24%) (approximately 1,787) of youth had viewed pornography, increasing to 42% of those ages 17 and over and 30% of males.
- Three percent (3%) (approximately 223) of youth had participated in violent sexual behavior, increasing to 7% of those ages 17 and over.
- Of sexually active youth, 50% had one sexual partner and 50% had multiple partners.
- Seventeen percent (17%) of sexually active youth had 4 or more sexual partners.
- Four percent (4%) (approximately 298) of all youth had 4 or more sexual partners.
- Of sexually active youth, 22% had done so by the age of 13, and another 35% had done so by 15 years of age. The average age of onset was 14.8 years old.
- Of all youth, 2% (approximately 149) were sexually active before the age of 13.
- Erie County youth reported they or their partner used the following methods to prevent pregnancy the last time they had sexual intercourse: condoms (59%); birth control pills (36%); withdrawal method (17%); a shot, patch or birth control ring (5%); and an IUD or implant (3%). Ten percent (10%) of youth reported they were gay or lesbian. However, 13% were engaging in intercourse without a reliable method of protection, and 14% reported they were unsure.
- Youth reported they or their partner used the following methods to prevent sexually transmitted diseases (STDs) the last time they had sexual intercourse: condoms (54%); they were in a mutually monogamous relationship (16%); they/their partner got tested (7%); avoided alcohol/recreation drug use (4%); abstinence (3%); and some other method (2%).
- Youth learned about pregnancy prevention, sexually transmitted diseases, HIV/AIDS, and the use of condoms from school (64%), their parents (58%), their friends (38%), the internet or social media (32%), their doctor (27%), their siblings (23%), church (7%), and somewhere else (7%). Thirteen percent (13%) of youth had not been taught about these subjects.
- In the past month, youth reported they experienced the following:
  - They received a text or an e-mail with a revealing, or sexual photo of someone (13%)
  - They texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (6%)
  - A revealing or sexual photo of them was texted, emailed, or posted electronically without their permission (2%)

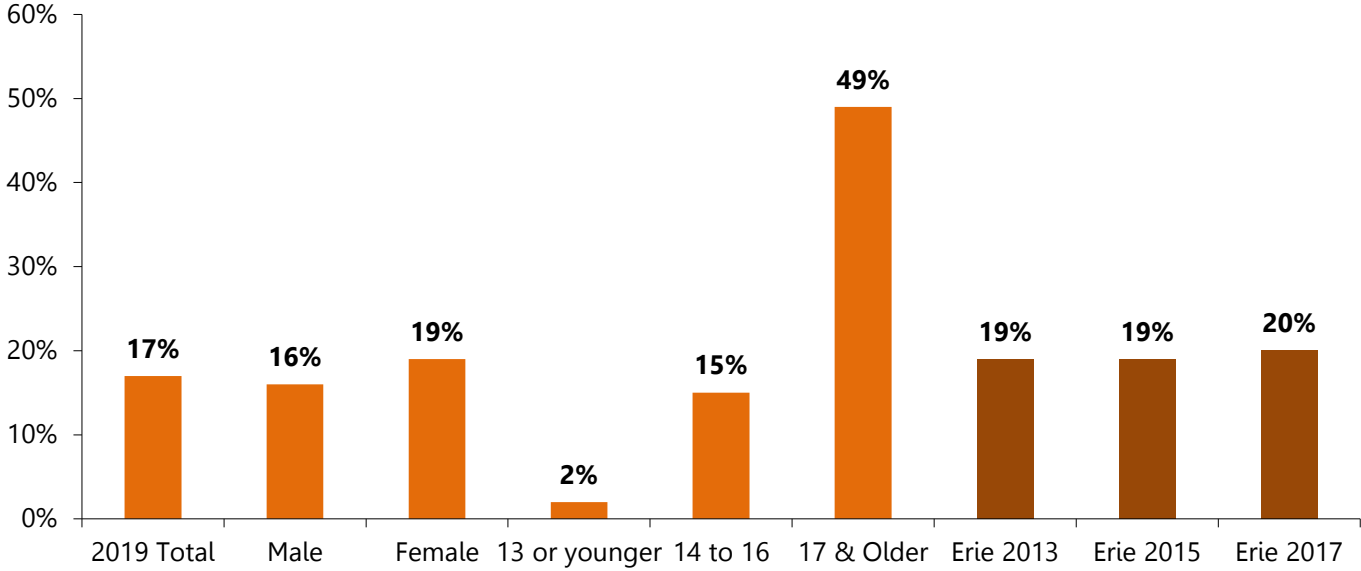
The following graphs show the percentage of Erie County youth who participated in sexual intercourse and oral sex. An example of how to interpret the information includes: 22% of all Erie County youth had sexual intercourse, including 20% of males, and 24% of females.

### Erie County Youth Who Had Sexual Intercourse



**1,638 youth had sexual intercourse in their lifetime.**

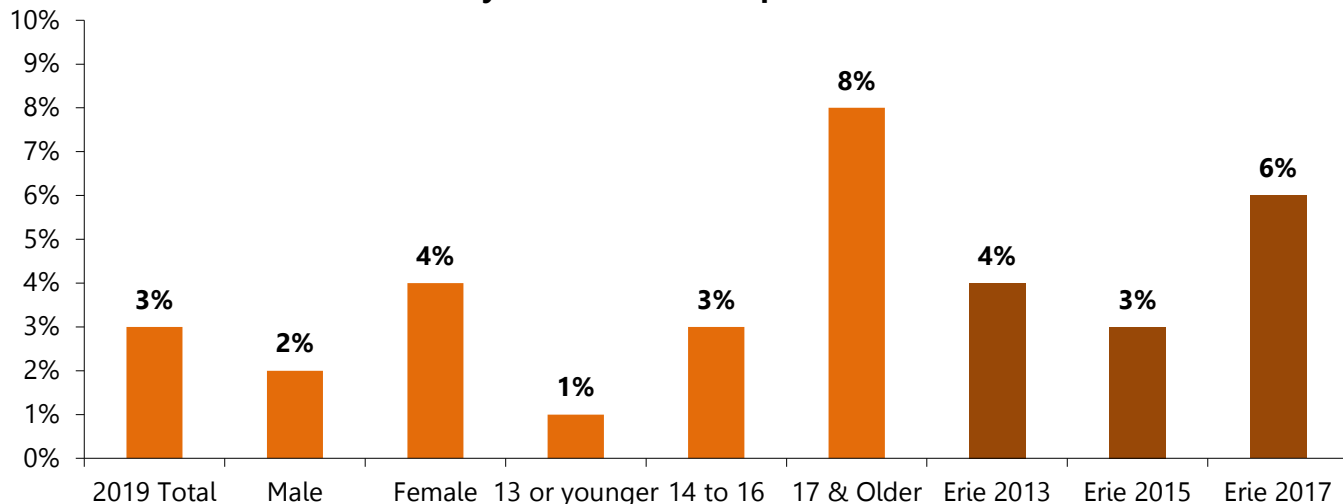
### Erie County Youth Who Participated in Oral Sex



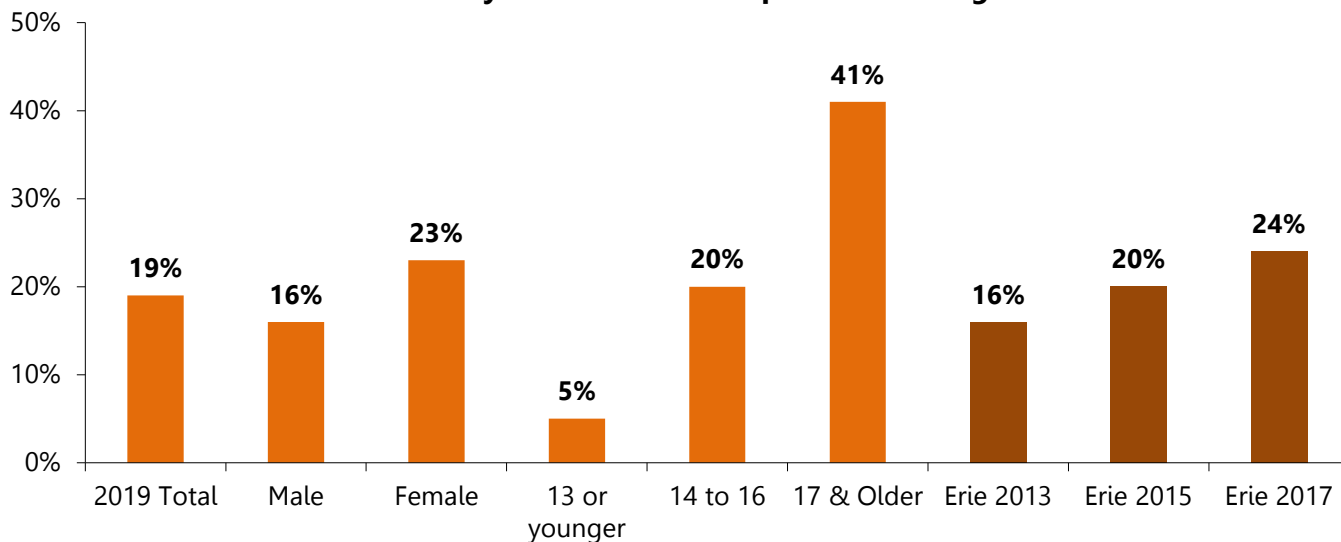
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graphs show the percentage of Erie County youth who participated in anal sex and sexting. An example of how to interpret the information on the first graph includes: 3% of all Erie County youth had anal sex, including 8% of those 17 and older.

**Erie County Youth Who Participated in Anal Sex**



**Erie County Youth Who Participated in Sexting**



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

<b>Youth Comparisons</b>	<b>Erie County 2013 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2015 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2017 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2019 (6<sup>th</sup>-12<sup>th</sup>)</b>	<b>Erie County 2019 (9<sup>th</sup>-12<sup>th</sup>)</b>	<b>U.S. 2017 (9<sup>th</sup>-12<sup>th</sup>)</b>
<b>Ever had sexual intercourse</b>	19%	20%	23%	22%	49%	40%
<b>Had sexual intercourse with four or more persons</b> (of all youth during their life)	19%	5%	7%	4%	9%	10%
<b>Had sexual intercourse before the age 13</b> (for the first time of all youth)	2%	4%	2%	2%	3%	3%
<b>Used a condom</b> (during last sexual intercourse)	65%	69%	61%	59%	65%	54%
<b>Used birth control pills</b> (during last sexual intercourse)	27%	35%	35%	36%	43%	21%
<b>Did not use any method to prevent pregnancy during last sexual intercourse</b>	8%	14%	8%	13%	14%	14%

# Youth Health: Mental Health

## Key Findings

Twelve percent (12%) (approximately 893) of youth had seriously considered attempting suicide and 5% (approximately 372) attempted suicide in the past year. The top three causes for anxiety, stress or depression for Erie County youth were academic success (42%), self-image (34%), and fighting with friends (32%).

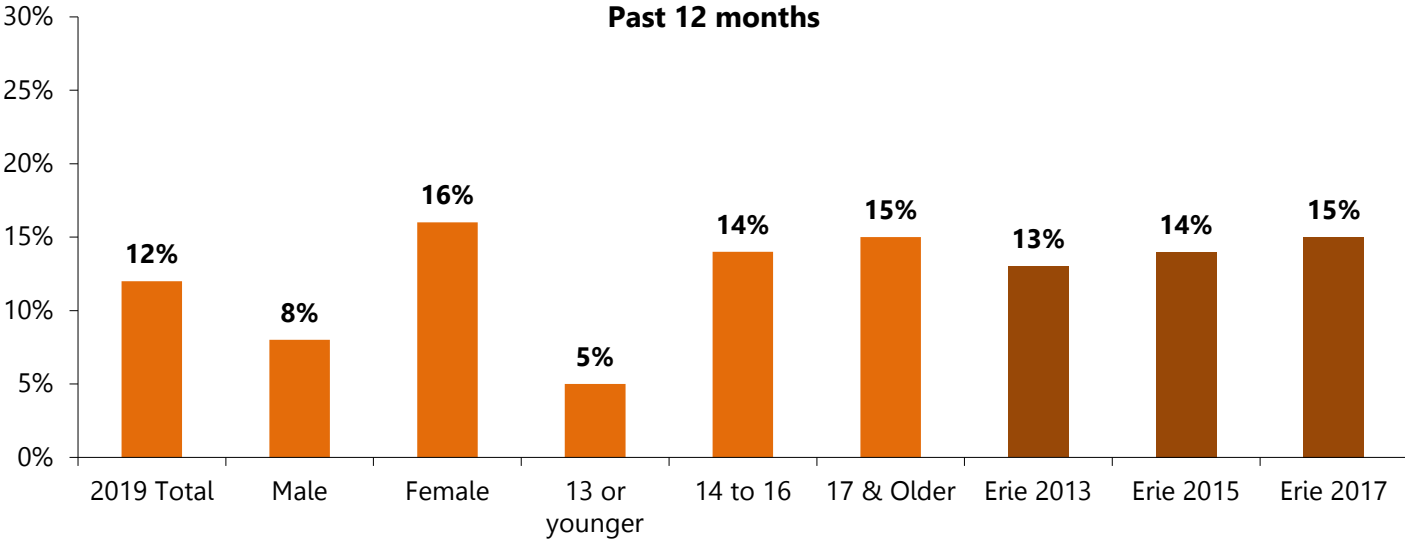
**2,234 youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.**

## Youth Mental Health

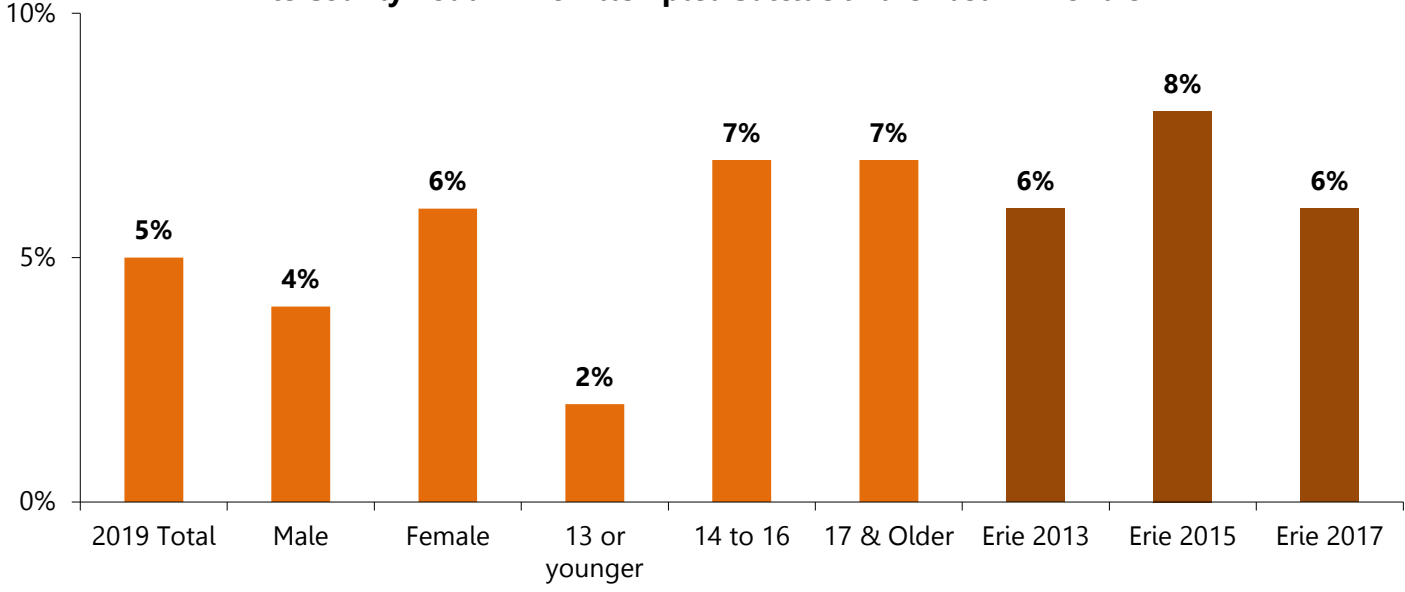
- Nearly one-third (30%) (approximately 2,234) of Erie County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 40% of females.
- Twelve percent (12%) (approximately 893) of youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 16% of females.
- One-in-eleven (9%) (approximately 670) youth made a plan about how they would attempt suicide in the past year.
- In the past year, 5% (approximately 372) of youth had attempted suicide. Three percent (3%) of youth had made more than one attempt.
- Erie County youth reported the following likeliness of seeking help if they were feeling depressed or suicidal: very likely (14%), somewhat likely (18%), somewhat unlikely (13%), and very unlikely (9%).
- Youth reported the following caused them anxiety, stress or depression:
  - Academic success (42%)
  - Self-image (34%)
  - Fighting with friends (32%)
  - Death of close family member or friend (30%)
  - Other stress in the home (29%)
  - Sports (28%)
  - Peer pressure (27%)
  - Fighting at home (22%)
  - Breakup (18%)
  - Being bullied (17%)
  - Dating relationship (16%)
  - Social media (e.g. Facebook) (15%)
  - Parent divorce/separation (14%)
  - Poverty/no money (10%)
  - Current news/world events/political environment (10%)
  - Sick parent (10%)
  - Caring for younger siblings (9%)
  - Alcohol or drug use in the home (5%)
  - Sexual orientation (4%)
  - Not having enough to eat (3%)
  - Not having a place to live (2%)
  - Other (12%)
- Youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (41%); texting someone (30%); hobbies (27%); talking to someone in their family (23%); eating (22%); exercising (22%); talking to a peer (18%); using social media (11%); praying/reading the Bible (10%); breaking something (9%); writing in a journal (9%); shopping (9%); talk to a professional (6%); self-harm (5%); smoke/use tobacco (3%); use illegal drugs (2%); and drink alcohol (2%). Twenty-six percent (26%) of youth reported they did not have anxiety, stress, or depression.
- When youth had feelings of depression or suicide, they talked to the following: best friend (30%); parents (18%); girlfriend or boyfriend (18%); brother/sister (10%); professional counselor (6%); adult friend (5%); caring adult (5%); school counselor (5%); teacher (4%); pastor/priest/youth minister (2%); religious leader (2%); coach (2%); call Teen Line or First Call for Help (1%); and other (4%). Thirteen percent (13%) of youth reported they had no one to talk to when they had feelings of depression or suicide.

The following graphs show Erie County youth who had seriously considered attempting suicide and had attempted suicide in the past year. An example of how to interpret the information in the first graph includes: 12% of youth seriously considered attempting suicide in the past year, including 8% of males and 16% of females.

**Erie County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 months**

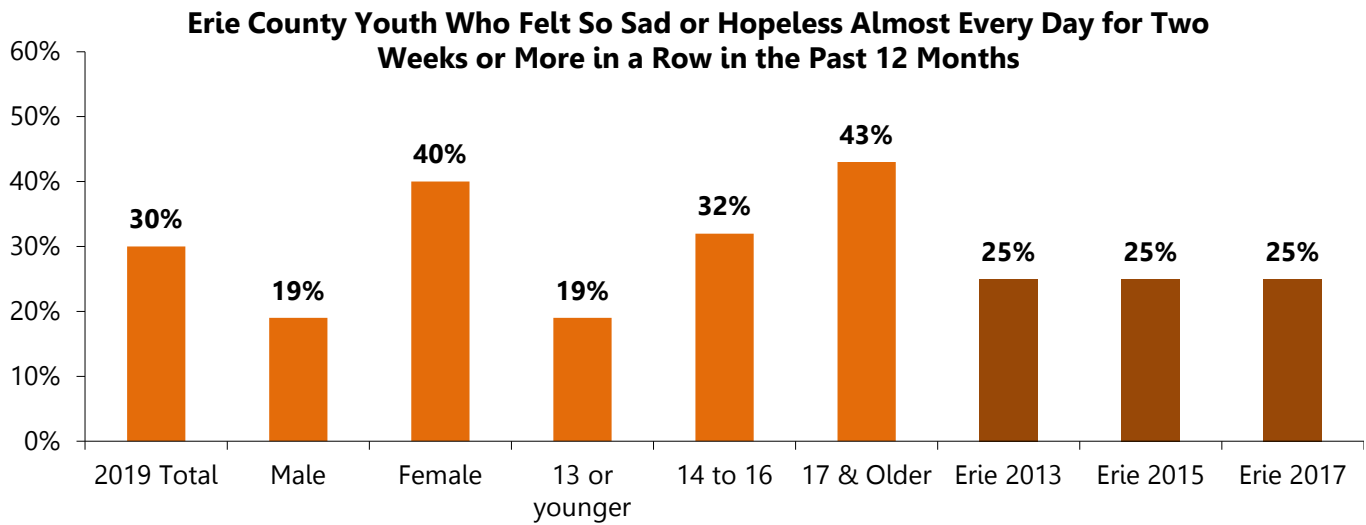


**Erie County Youth Who Attempted Suicide in the Past 12 Months**



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

The following graph shows Erie County youth who felt so sad or hopeless every day for two weeks or more in a row in the past 12 months. An example of how to interpret the information includes: 30% of youth felt so sad or hopeless almost every day for two weeks or more in a row, including 19% of males, and 40% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table below indicates correlations between those who contemplated suicide in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 66% of those who contemplated suicide had been bullied in the past year, compared to 35% of those who did not contemplate suicide.

### Behaviors of Erie County Youth Contemplated Suicide vs. Did Not Contemplate Suicide

Youth Behaviors	Contemplated Suicide	Did Not Contemplate Suicide
Currently participate in extracurricular activities	96%	92%
Bullied (in the past 12 months)	66%	35%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	45%	19%
Had at least one drink of alcohol (in the past 30 days)	29%	10%
Used marijuana (in the past 30 days)	18%	7%
Smoked cigarettes (in the past 30 days)	4%	2%

"Contemplated suicide" indicates youth who self-reported seriously considering attempting suicide in the past year.

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.



Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Felt so sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	25%	25%	25%	30%	37%	32%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	13%	14%	15%	12%	16%	17%
<b>Attempted suicide</b> (in the past 12 months)	6%	8%	6%	5%	8%	7%

### Youth Depression: Signs and Symptoms

- Occasionally being sad or feeling hopeless is a part of every child’s life. However, some children feel sad or uninterested in things that they used to enjoy or feel helpless or hopeless in situations where they could do something to address the situations. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.
- Examples of behaviors often seen when children are depressed include
  - Feeling sad, hopeless, or irritable a lot of the time
  - Not wanting to do or enjoy doing fun things
  - Changes in eating patterns – eating a lot more or a lot less than usual
  - Changes in sleep patterns – sleeping a lot more or a lot less than normal
  - Changes in energy – being tired and sluggish or tense and restless a lot of the time
  - Having a hard time paying attention
  - Feeling worthless, useless, or guilty
  - Self-injury and self-destructive behavior
- Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is the leading cause of death.
- Some children may not talk about helpless and hopeless thoughts, and they may not appear sad. Depression might also cause a child to make trouble or act unmotivated, so others might not notice that the child is depressed or may incorrectly label the child as a trouble-maker or lazy.

*(Source: CDC, Children’s Mental Health: Anxiety and Depression, April 15, 2019)*

# Youth Health: Social Determinants of Health

## Key Findings

*Over one-fifth (22%) (approximately 1,638) of Erie County youth had three or more adverse childhood experiences (ACEs) in their lifetime. Thirty percent (30%) of youth drivers had texted while driving in the past 30 days. Fifty-six percent (56%) (approximately 4,169) of youth who had a social media or online gaming account believed that sharing information online is dangerous.*

## Personal Health

- Erie County youth reported they got the following amounts of sleep on an average school night: 4 hours or less (6%), 5 hours (7%), 6 hours (22%), 7 hours (26%), 8 hours (27%), 9 hours (10%) and 10 hours or more (2%).
- Youth last saw a dentist for a check-up, exam, teeth cleaning, or other dental work: less than a year ago (78%), one to two years ago (8%), more than two years ago (4%), never (2%), and do not know (8%).
- Seventy-six percent (76%) (approximately 5,658) of Erie County youth had visited a doctor or healthcare professional for a routine checkup in the past year.
- Fifty-five percent (55%) of Erie County youth reported that they had never heard of the choking game, also known as the pass-out game, space monkey, or dream game. Thirty-seven percent (37%) had heard of the choking game, but don't know anyone who has played it. Five percent (5%) heard of it and know others who have played. Four percent (4%) had heard of it and was asked to play but said, "No." Two percent (2%) played choking game once and one percent (1%) played more than once.
- More than three-fifths (64%) (approximately 4,765) of Erie County youth had taken water safety or swimming lessons, classes, or instruction.

## Personal Safety

- Ninety-four percent (94%) (approximately 6,998) of Erie County youth had a social media or online gaming account.
- Of those who had an account, they reported the following:
  - They knew all of their "friends" (48%)
  - Their account was currently checked private (48%)
  - They knew all of the people they play online (29%)
  - Their parents had their password (20%)
  - Their friends had their password (11%)
  - They had been asked to meet someone they met online (8%)
  - They were bullied because of their accounts (7%)
  - They share personal information (5%)
  - Their parents do not know they have an account (4%)
  - They had participated in sexual activity with someone they met online (3%)
- Fifty-six percent (56%) (approximately 4,169) of youth who had a social media or online gaming account believed that sharing information online is dangerous.

- In the past month, youth drivers did the following while driving:
  - Wore a seatbelt (86%)
  - Ate (56%)
  - Drove while tired or fatigued (44%)
  - Talked on their cell phone (43%)
  - Texted (30%)
  - Used their cell phone other than for talking or texting (26%)
  - Used marijuana (5%)
  - Read (3%)
  - Applied makeup (2%)
  - Used illegal drugs (2%)
  - Misused prescription drugs (1%)
  - Drank alcohol (1%)

## Neighborhood and Built Environment

- Erie County youth reported they had felt unsafe in the following places and/or situations:
  - Walking outside at nighttime (43%)
  - Being approached by a stranger in a public place (39%)
  - At a public place such as a mall or store (23%)
  - At school (14%)
  - At home (8%)
- Youth reported living with: both parents (59%), mother only (17%), mother and step-father (13%), father and step-mother (5%), grandparents (5%), another relative (5%), father only (5%), mother and her partner (3%), living on their own or with friends (1%), father and his partner (1%), and guardians/foster parents (<1%).

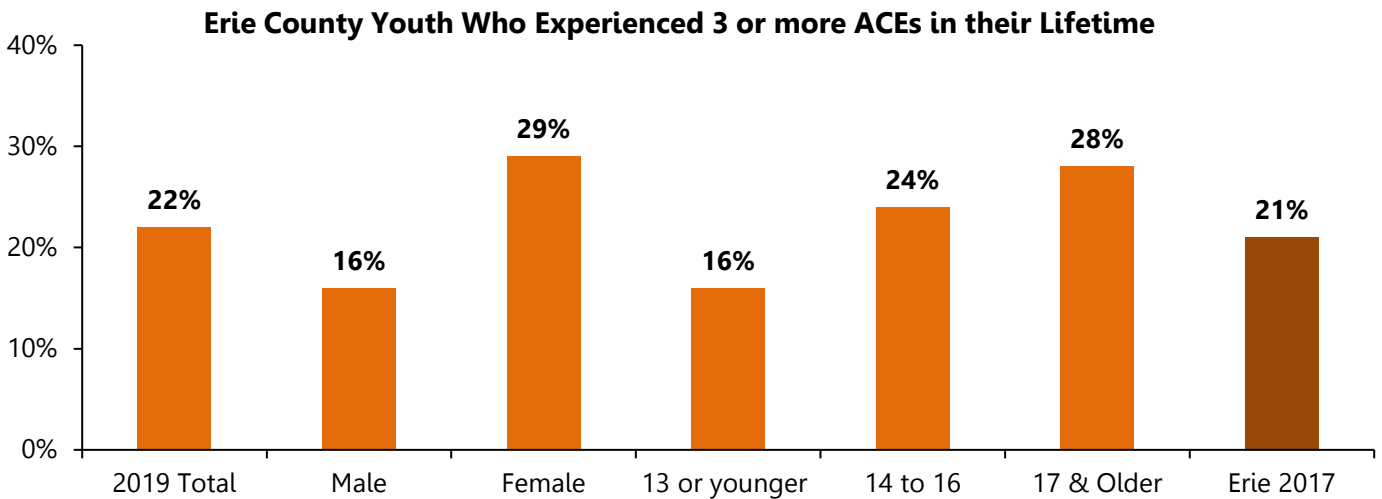
## Social and Community Context

- Erie County youth were peer pressured to do the following in the past year: drink alcohol (10%), use drugs (8%), participate in other sexual activities (6%), smoke cigarettes (5%), and participate in sexual intercourse (5%).
- Ninety-three percent (93%) (approximately 6,924) of youth participated in extracurricular activities. They participated in the following:
  - A sports or intramural program (56%)
  - Exercising outside of school (46%)
  - School club or social organization (39%)
  - Part-time job (33%)
  - Church youth group (21%)
  - Volunteering in the community (21%)
  - Caring for siblings after school (21%)
  - Church or religious organization (20%)
  - Babysitting for other kids (17%)
  - Caring for parents or grandparents (4%)
  - Some other organized activity (scouts, 4h, etc.) (13%)
- Erie County youth reported the following reasons for not participating in extracurricular activities:
  - Not interested (27%)
  - Had a job (13%)
  - Watch their younger siblings (6%)
  - Cost (5%)
  - Transportation (4%)
  - Program(s) do not exist/not offered (3%)
  - Parents would not take them (2%)
  - Taking care of a parent/grandparent (1%)

- Nearly three-fifths (57%) of youth reported the following adverse childhood experiences (ACEs):
  - Parents became separated or were divorced (33%)
  - Parents or adults in home swore at them, insulted them or put them down (26%)
  - Family did not look out for each other, feel close to each other, or support each other (18%)
  - Parents were not married (18%)
  - Lived with someone who was depressed, mentally ill or suicidal (14%)
  - Lived with someone who was a problem drinker or alcoholic (12%)
  - Lived with someone who served time or was sentenced to serve in prison or jail (10%)
  - Lived with someone who used illegal drugs or misused prescription drugs (9%)
  - Parents or adults in home slapped, hit, kicked, punched or beat each other up (6%)
  - Parents or adults in the home hit, beat, kicked, or physically hurt them in any way (not including spanking) (5%)
  - An adult or someone 5 years older than them touched them sexually (3%)
  - Did not have enough to eat, had to wear dirty clothes, and had no one to protect them (3%)
  - An adult or someone 5 years older than them made them touch them sexually (2%)
  - An adult or someone 5 years older than them forced them to have sex (1%)
- Almost one-quarter (22%) (approximately 1,638) of youth had experienced three or more ACEs in their lifetime.

**1,638 Erie County youth experienced 3 or more ACEs in their lifetime.**

*The following graph shows the percentage of Erie County youth who had experienced three or more adverse child experiences (ACEs) in their lifetime. An example of how to interpret the information includes: 22% of all Erie County youth had experienced three or more ACEs in their lifetime, including 29% of females.*



*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

The table below indicates correlations between those who experienced three or more ACEs, as well as other activities and experiences. An example of how to interpret the information includes: 49% of those who experienced three or more ACEs in their lifetime had been bullied in the past year, compared to 29% of those who did not experience any ACEs.

**Behaviors of Erie County Youth**  
*Experienced 3 or More ACEs vs. Did Not Experience Any ACEs*

Youth Behaviors	Experienced 3 or More ACEs	Did Not Experience Any ACEs
<b>Felt sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	55%	15%
<b>Bullied</b> (in the past 12 months)	49%	29%
<b>Had sexual intercourse</b> (in their lifetime)	38%	16%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	24%	5%
<b>Used marijuana</b> (in the past 30 days)	22%	4%
<b>Attempted suicide</b> (in the past 12 months)	12%	2%
<b>Smoked cigarettes</b> (in the past 30 days)	6%	1%
<b>Misused prescription medication</b> (in the past 30 days)	5%	3%

*"ACEs" indicate youth who self-reported having experienced three or more adverse childhood experiences in their lifetime.  
 Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

# Youth Health: Violence

## Key Findings

*Nine percent (9%) (approximately 670) of Erie County youth carried a weapon (such as a gun, knife or club) in the past month. Over one-fifth (23%) (approximately 1,712) of youth had been involved in a physical fight in the past year. Thirty-nine percent (39%) (approximately 2,904) of youth had been bullied in the past year.*

**2,904 Erie County youth had been bullied in the past year.**

## Violence-Related Behaviors

- Nine percent (9%) (approximately 670) of youth carried a weapon (such as a gun, knife or club) in the past 30 days, increasing to 13% of males.
- Ten percent (10%) (approximately 745) of youth did not go to school on one or more days in the past month because they did not feel safe at school or on their way to or from school.
- Five percent (5%) (approximately 372) of youth were threatened or injured with a weapon on school property in the past year.

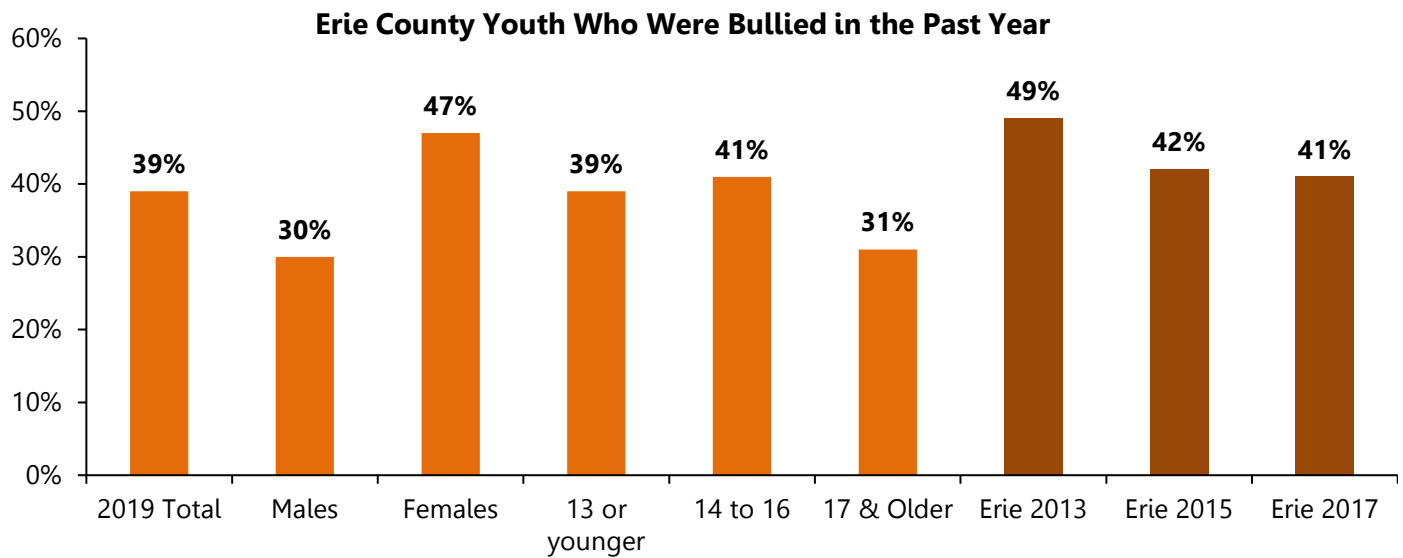
## Physical and Sexual Violence

- In the past year, 23% (approximately 1,712) of youth had been involved in a physical fight, increasing to 29% of males.
- Of those who had been in a physical fight, 46% had been in a fight on more than one occasion.
- Four percent (4%) (approximately 298) of youth reported a boyfriend or girlfriend hit, slapped, or physically hurt them on purpose in the past 12 months.
- Nine percent (9%) (approximately 670) of youth reported an adult or caregiver hit, slapped, or physically hurt them on purpose in the past 12 months.
- Over one-fifth (21%) (approximately 1,563) of Erie County youth had purposefully hurt themselves at some time in their life by using the following methods: cutting (11%), scratching (11%), hitting (9%), biting (5%), burning (3%), and self-embedding (1%).
- Nine percent (9%) (approximately 670) of youth had ever been forced to participate in any sexual activity when they did not want to, increasing to 15% of females.

## Bullying

- Thirty-nine percent (39%) or 2,904 Erie County youth had been bullied in the past year. The following types of bullying were reported:
  - 28% were verbally bullied (teased, taunted or called harmful names)
  - 25% were indirectly bullied (spread mean rumors about them or kept them out of a “group”)
  - 9% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
  - 6% were physically bullied (were hit, kicked, punched or people took their belongings)
  - 2% were sexually bullied (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)
- In the past year, 31% (approximately 2,308) of youth had been bullied on school property.

The following graph shows the percentage of Erie County youth who were bullied in the past year. An example of how to interpret the information includes: 39% of youth were bullied in the past year, including 47% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

### Types of Bullying Erie County Youth Experienced in Past Year

Youth Behaviors	Total	Male	Female	13 and younger	14-16 Years old	17 and older
Verbally Bullied	28%	24%	33%	31%	29%	21%
Indirectly Bullied	25%	16%	35%	25%	27	20%
Cyber Bullied	9%	6%	12%	9%	10%	7%
Physically Bullied	6%	7%	6%	11%	6%	0%
Sexually Bullied	2%	0%	5%	1%	2%	6%

### Healthy People 2020 Injury and Violence Prevention (IVP)

Objective	Erie County 2019	U.S. 2017	Healthy People 2020 Target
IVP-34 Fighting among adolescents	23% (6-12 Grade)	24% (9-12 Grade)	28% (9-12 Grade)
	19% (9-12 Grade)		
IVP-35 Reduce bullying among adolescents on school property	31% (6-12 Grade)	19% (9-12 Grade)	18% (9-12 Grade)
	28% (9-12 Grade)		

(Sources: Healthy People 2020 Objectives, 2017 U.S. YRBS, 2019 Erie County Health Assessment)

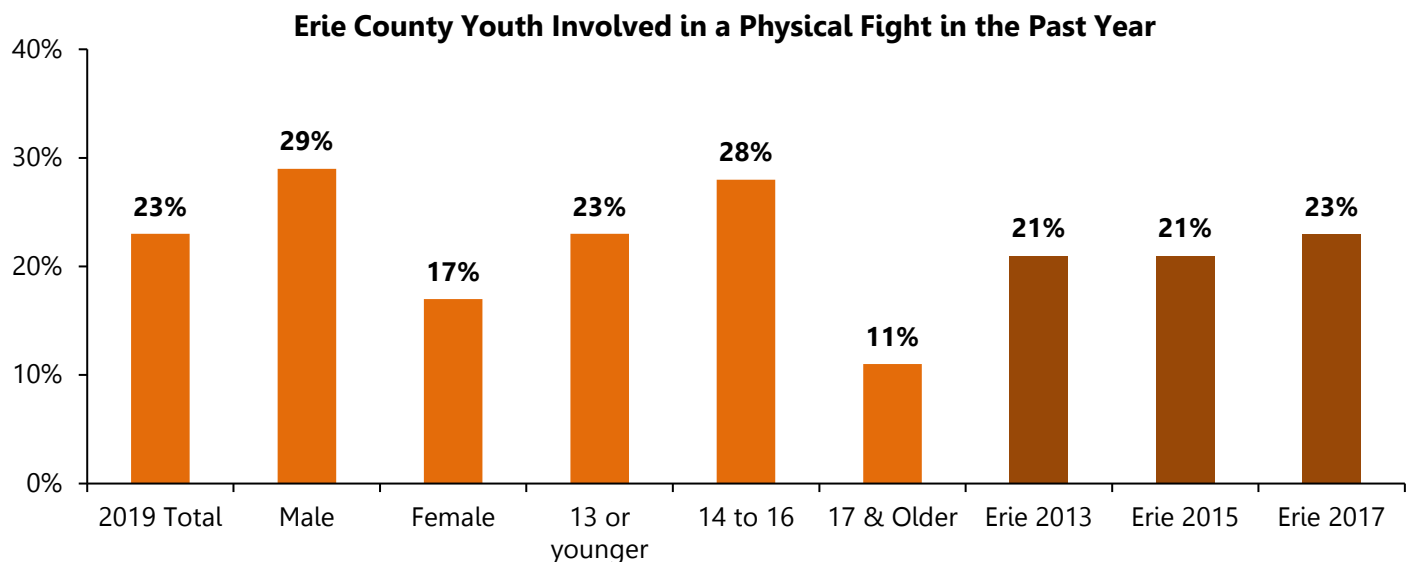
The table below indicates correlations between those who were bullied in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 44% of those who were bullied felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months, compared to 20% of those who were not bullied.

### Behaviors of Erie County Youth Bullied vs. Non-Bullied

Youth Behavior	Bullied	Non-Bullied
<b>Currently participate in extracurricular activities</b>	94%	91%
<b>Felt sad or hopeless</b> (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	44%	20%
<b>Classified as overweight or obese by body mass index (BMI)</b>	37%	30%
<b>Experienced 3 or more adverse childhood experiences (ACEs)</b> (in their lifetime)	28%	19%
<b>Had sexual intercourse</b> (in their lifetime)	24%	21%
<b>Seriously considered attempting suicide</b> (in the past 12 months)	21%	7%
<b>Had at least one drink of alcohol</b> (in the past 30 days)	16%	10%
<b>Used marijuana</b> (in the past 30 days)	12%	6%
<b>Carried a weapon</b> (in the past 30 days)	9%	8%
<b>Attempted suicide</b> (in the past 12 months)	9%	3%
<b>Smoked cigarettes</b> (in the past 30 days)	2%	2%
<b>Misused prescription medication</b> (in the past 30 days)	4%	3%

*Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*

The following graph shows Erie County youth who were involved in a physical fight in the past year. An example of how to interpret the information on the graph includes: 23% of youth had carried a weapon in the past 30 days, including 29% of males.



*Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.*



Youth Comparisons	Erie County 2013 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2015 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2017 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (6 <sup>th</sup> -12 <sup>th</sup> )	Erie County 2019 (9 <sup>th</sup> -12 <sup>th</sup> )	U.S. 2017 (9 <sup>th</sup> -12 <sup>th</sup> )
<b>Carried a weapon</b> (in the past 30 days)	5%	8%	9%	9%	9%	16%
<b>Were in a physical fight</b> (in the past 12 months)	21%	21%	23%	23%	19%	24%
<b>Did not go to school because they felt unsafe</b> (at school or on their way to or from school in the past 30 days)	5%	7%	4%	10%	12%	7%
<b>Threatened or injured with a weapon on school property</b> (in the past 12 months)	7%	7%	7%	5%	6%	6%
<b>Experienced physical dating violence</b> (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	3%	4%	5%	4%	5%	8%
<b>Electronically bullied</b> (in the past year)	13%	13%	11%	9%	11%	15%
<b>Bullied</b> (in the past year)	49%	42%	41%	39%	40%	N/A
<b>Were bullied on school property</b> (during the past 12 months)	35%	30%	27%	31%	28%	19%

*N/A – Not Available*

# Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures 2019. Atlanta: ACS, 2019	<ul style="list-style-type: none"> <li>2019 Cancer Facts, Figures, and Estimates</li> </ul>	<a href="http://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html">www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html</a>
American Cancer Society (ACS), 2018	<ul style="list-style-type: none"> <li>ACS Guidelines for Nutrition and Physical Activity</li> </ul>	<a href="http://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2018.html">www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2018.html</a>
American College of Allergy, Asthma & Immunology	<ul style="list-style-type: none"> <li>Asthma Facts</li> </ul>	<a href="http://acaai.org/news/facts-statistics/asthma">http://acaai.org/news/facts-statistics/asthma</a>
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> <li>2017 Adult Ohio and U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov/brfss/index.html">www.cdc.gov/brfss/index.html</a>
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> <li>Victims of Gun Violence in America</li> </ul>	<a href="http://www.bradycampaign.org/key-gun-violence-statistics">www.bradycampaign.org/key-gun-violence-statistics</a>
CDC, Children's Mental Health	<ul style="list-style-type: none"> <li>Anxiety and Depression</li> </ul>	<a href="http://www.cdc.gov/childrensmentalhealth/depression.html">www.cdc.gov/childrensmentalhealth/depression.html</a>
CDC, COPD and Smoking	<ul style="list-style-type: none"> <li>Tips from Former Smokers, COPD</li> </ul>	<a href="http://www.cdc.gov/tobacco/campaign/tips/diseases/copd.html">www.cdc.gov/tobacco/campaign/tips/diseases/copd.html</a>
CDC, Diabetes	<ul style="list-style-type: none"> <li>About Diabetes</li> </ul>	<a href="http://www.cdc.gov/diabetes/basics/diabetes.html">www.cdc.gov/diabetes/basics/diabetes.html</a>
CDC, Alcohol Consumption	<ul style="list-style-type: none"> <li>Economic Costs of Excessive Alcohol Use</li> </ul>	<a href="http://www.cdc.gov/features/costsofdrinking/index.html">www.cdc.gov/features/costsofdrinking/index.html</a>
	<ul style="list-style-type: none"> <li>Consequences of Underage Drinking</li> </ul>	<a href="http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm">www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm</a>
CDC, Mold Prevention	<ul style="list-style-type: none"> <li>Facts about Mold and Dampness</li> </ul>	<a href="http://www.cdc.gov/mold/dampness_facts.htm">www.cdc.gov/mold/dampness_facts.htm</a>
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> <li>Men's Health</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/mens-health.htm">www.cdc.gov/nchs/fastats/mens-health.htm</a>
	<ul style="list-style-type: none"> <li>Women's Health</li> </ul>	<a href="http://www.cdc.gov/nchs/fastats/womens-health.htm">www.cdc.gov/nchs/fastats/womens-health.htm</a>
CDC, Oral Health	<ul style="list-style-type: none"> <li>Adult Oral Health</li> </ul>	<a href="http://www.cdc.gov/oralhealth/basics/index.html">www.cdc.gov/oralhealth/basics/index.html</a>
CDC, Overweight and Obesity	<ul style="list-style-type: none"> <li>Childhood Obesity Causes and Consequences</li> </ul>	<a href="http://www.cdc.gov/obesity/childhood/causes.html">www.cdc.gov/obesity/childhood/causes.html</a>
CDC, Home and Recreational Safety, 2017	<ul style="list-style-type: none"> <li>Important Facts about Falls</li> </ul>	<a href="http://www.cdc.gov/homeandrecreational/safety/falls/adultfalls.html">www.cdc.gov/homeandrecreational/safety/falls/adultfalls.html</a>
CDC, Smoking & Tobacco Use	<ul style="list-style-type: none"> <li>E-Cigarette Health Effects</li> </ul>	<a href="http://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html">www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html</a>
	<ul style="list-style-type: none"> <li>Risks of E-Cigarettes for Kids, Teens, and Young Adults</li> </ul>	<a href="http://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html">www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html</a>

CDC, Violence Prevention	<ul style="list-style-type: none"> <li>Adverse Childhood Experiences</li> </ul>	<a href="http://www.cdc.gov/violenceprevention/acestudy/index.html">www.cdc.gov/violenceprevention/acestudy/index.html</a>
CDC, Vital Signs	<ul style="list-style-type: none"> <li>Suicide Rising Across the US</li> </ul>	<a href="http://www.cdc.gov/vitalsigns/suicide/index.html">www.cdc.gov/vitalsigns/suicide/index.html</a>
CDC Wonder, About Underlying Cause of Death, 2009-2017	<ul style="list-style-type: none"> <li>U.S. Comparison Statistics</li> </ul>	<a href="http://wonder.cdc.gov/ucd-icd10.html">http://wonder.cdc.gov/ucd-icd10.html</a>
County Health Rankings	<ul style="list-style-type: none"> <li>Food Environment Index</li> </ul>	<a href="http://countyhealthrankings.org">http://countyhealthrankings.org</a>
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> <li>All Healthy People 2020 Target Data Points</li> <li>Some U.S. Baseline Statistics</li> </ul>	<a href="http://www.healthypeople.gov/2020/topic/objectives2020">www.healthypeople.gov/2020/topic/objectives2020</a>
	<ul style="list-style-type: none"> <li>Social Determinants of Health</li> </ul>	<a href="http://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health">www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health</a>
Kaiser Family Foundation, 2019	<ul style="list-style-type: none"> <li>The Effects of Medicaid Expansion under the ACA: Updated Findings from a Literature Review</li> </ul>	<a href="http://www.kff.org/medicaid/issue-brief/the-effects-of-medicaid-expansion-under-the-aca-updated-findings-from-a-literature-review-august-2019/">www.kff.org/medicaid/issue-brief/the-effects-of-medicaid-expansion-under-the-aca-updated-findings-from-a-literature-review-august-2019/</a>
Ohio Automated RX Reporting System (OARRS), Quarterly County Data	<ul style="list-style-type: none"> <li>Ohio Automated Rx Reporting System</li> <li>Opioid Doses Per Capita</li> <li>Opioid Doses Per Patient</li> </ul>	<a href="http://www.ohiopmp.gov/Portal/Reports.aspx">www.ohiopmp.gov/Portal/Reports.aspx</a>
Ohio Department of Health	<ul style="list-style-type: none"> <li>2017 Ohio Drug Overdose Data: General Finding</li> </ul>	<a href="https://odh.ohio.gov/wps/wcm/connect/gov/5deb684e-4667-4836-862b-cb5eb59acbd3/2017_OhioDrugOverdoseReport.pdf?MOD=AJPERES&amp;CONVERT_TO=url&amp;CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-5deb684e-4667-4836-862b-cb5eb59acbd3-moxPbu6">https://odh.ohio.gov/wps/wcm/connect/gov/5deb684e-4667-4836-862b-cb5eb59acbd3/2017_OhioDrugOverdoseReport.pdf?MOD=AJPERES&amp;CONVERT_TO=url&amp;CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-5deb684e-4667-4836-862b-cb5eb59acbd3-moxPbu6</a>
Ohio Department of Health, Information Warehouse	<ul style="list-style-type: none"> <li>Erie County and Ohio Birth Statistics</li> </ul>	<a href="http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality">http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality</a>
	<ul style="list-style-type: none"> <li>Erie County and Ohio Leading Causes of Death</li> </ul>	<a href="http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality">http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality</a>
	<ul style="list-style-type: none"> <li>Erie County and Ohio Mortality Statistics</li> </ul>	<a href="http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality">http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality</a>
	<ul style="list-style-type: none"> <li>Erie County and Ohio Unintentional Drug Overdose Deaths</li> </ul>	<a href="http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality">http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality</a>
	<ul style="list-style-type: none"> <li>Sexually Transmitted Diseases</li> </ul>	<a href="https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/std-surveillance/data-and-statistics/sexually-transmitted-diseases-data-and-statistics">https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/std-surveillance/data-and-statistics/sexually-transmitted-diseases-data-and-statistics</a>
	<ul style="list-style-type: none"> <li>Incidence of Cancer</li> </ul>	<a href="http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/StateLayoutLockdownCancers">http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/StateLayoutLockdownCancers</a>
Ohio Department of Job & Family Services	<ul style="list-style-type: none"> <li>Unemployment Rates</li> </ul>	<a href="http://ohiolmi.com/laus/current.htm">http://ohiolmi.com/laus/current.htm</a>
Ohio Development Services Agency	<ul style="list-style-type: none"> <li>Ohio Poverty Report, February 2019</li> </ul>	<a href="https://www.development.ohio.gov/files/research/p7005.pdf">https://www.development.ohio.gov/files/research/p7005.pdf</a>

Ohio State Highway Patrol	<ul style="list-style-type: none"> <li>• Felony Cases and Drug Arrests</li> </ul>	<a href="http://statepatrol.ohio.gov/">http://statepatrol.ohio.gov/</a>
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> <li>• American Community Survey 5-year estimate, 2013-2017</li> <li>• Ohio and Erie County 2017 Census Demographic Information</li> <li>• Ohio and U.S. Health Insurance Sources</li> <li>• Small Area Income and Poverty Estimates</li> <li>• Federal Poverty Thresholds</li> </ul>	<a href="http://www.census.gov">www.census.gov</a>
U.S. Department of Veteran Affairs	<ul style="list-style-type: none"> <li>• Key Facts About Veteran Suicide</li> </ul>	<a href="http://www.mentalhealth.va.gov/suicide_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf">www.mentalhealth.va.gov/suicide_prevention/docs/Office-of-Mental-Health-and-Suicide-Prevention-National-Strategy-for-Preventing-Veterans-Suicide.pdf</a>
Youth Risk Behavior Surveillance System (YRBSS)	<ul style="list-style-type: none"> <li>• 2017 Youth U.S. Correlating Statistics</li> </ul>	<a href="http://www.cdc.gov/healthyyouth/data/yrbss/index.htm">www.cdc.gov/healthyyouth/data/yrbss/index.htm</a>

## Appendix II: Acronyms and Terms

<b>AHS</b>	<b>Access to Health Services</b> , Topic of Healthy People 2020 objectives
<b>Adult</b>	Defined as 19 years of age and older.
<b>Age-Adjusted Mortality Rates</b>	Death rate per 100,000 adjusted for the age distribution of the population.
<b>Adult Binge Drinking</b>	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
<b>AOCBC</b>	<b>Arthritis, Osteoporosis, and Chronic Back Conditions</b>
<b>BMI</b>	<b>Body Mass Index</b> is defined as the contrasting measurement/relationship of weight to height.
<b>BRFSS</b>	<b>Behavior Risk Factor Surveillance System</b> , an adult survey conducted by the CDC.
<b>CDC</b>	<b>Centers for Disease Control and Prevention</b> .
<b>Current Smoker</b>	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
<b>HCNO</b>	<b>Hospital Council of Northwest Ohio</b>
<b>HDS</b>	<b>Heart Disease and Stroke</b> , Topic of Healthy People 2020 objectives
<b>HP 2020</b>	<b>Healthy People 2020</b> , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
<b>Health Indicator</b>	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
<b>High Blood Cholesterol</b>	240 mg/dL and above
<b>High Blood Pressure</b>	Systolic $\geq 140$ and Diastolic $\geq 90$
<b>IID</b>	<b>Immunizations and Infectious Diseases</b> , Topic of Healthy People 2020 objectives
<b>N/A</b>	Data is not available.
<b>ODH</b>	<b>Ohio Department of Health</b>
<b>Race/Ethnicity</b>	<b>Census 2010:</b> U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.
<b>Weapon</b>	Defined in the YRBS as “a weapon such as a gun, knife, or club”
<b>Youth</b>	Defined as 12 through 18 years of age
<b>YPLL/65</b>	<b>Years of Potential Life Lost</b> before age 65. Indicator of premature death.
<b>Youth BMI Classifications</b>	<b>Underweight</b> is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile <b>Overweight</b> is defined as BMI-for-age $85^{\text{th}}$ percentile to $< 95^{\text{th}}$ percentile. <b>Obese</b> is defined as $\geq 95^{\text{th}}$ percentile.
<b>YRBS</b>	<b>Youth Risk Behavior Survey</b> , a youth survey conducted by the CDC.

## Appendix III: School Participation

*The following schools were randomly chosen and agreed to participate in the 2019 Erie County Health Assessment:*

### **Edison Local Schools**

Edison High School  
Edison Middle School

### **Huron City Schools**

Huron High School  
McCormick Junior High

### **Margaretta Local Schools**

Margaretta High School

### **Perkins Local Schools**

Perkins High School  
Briar Middle School

### **Sandusky City Schools**

Sandusky High School  
Sandusky Middle School

### **Vermilion Local Schools**

Vermilion High School  
Sailorway Middle School

# Appendix IV: Methods for Weighting the 2019 Erie County Health Assessment Data

Data from sample surveys have the potential for bias if there are different rates of response for different segments of the population. In other words, some subgroups of the population may be more represented in the completed surveys than they are in the population from which those surveys are sampled. If a sample has 25% of its respondents being male and 75% being female, then the sample is biased towards the views of females (if females respond differently than males). This same phenomenon holds true for any possible characteristic that may alter how an individual responds to the survey items.

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2019 Erie County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Erie County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (8 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Erie County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2019 Erie County Survey and the 2017 Census estimates.

<b>2019 Erie Survey</b>			<b>2017 Census</b>		<b>Weight</b>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	208	55.17241	36,872	48.98697	0.887889
Female	169	44.82759	38,397	51.01303	1.137983

In this example, it shows that there was a larger portion of males in the sample compared to the actual portion in Erie County. The weighting for males was calculated by taking the percent of males in Erie County (based on Census information) (48.98697%) and dividing that by the percent found in the 2019 Erie County sample (55.17241%) [48.98697 / 55.17241 = weighting of 0.887889 for males]. The same was done for females [51.01303 / 44.82759 = weighting of 1.137983 for females]. Thus males' responses are weighted less by a factor of 0.887889 and females' responses weighted heavier by a factor of 1.137983.

This same thing was done for each of the 19 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.26209 [1.13798 (weight for females) x 0.91090 (weight for White) x 1.47432 (weight for age 45-54) x 0.82583 (weight for income \$50-\$75k)]. Thus, each individual in the 2017 Erie County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 24.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

1. **Total weight** (product of 4 weights) – for all analyses that did not separate age, race, sex, or income.
2. **Weight without sex** (product of age, race, and income weights) – used when analyzing by sex.
3. **Weight without age** (product of sex, race, and income weights) – used when analyzing by age.
4. **Weight without race** (product of age, sex, and income weights) – used when analyzing by race.
5. **Weight without income** (product of age, race, and sex weights) – used when analyzing by income.
6. **Weight without sex or age** (product of race and income weights) – used when analyzing by sex and age.
7. **Weight without sex or race** (product of age and income weights) – used when analyzing by sex and race.
8. **Weight without sex or income** (product of age and race weights) – used when analyzing by sex and income.

Category	Erie County Sample	%	2017 Census Estimates	%	Weighting Value
<b>Sex:</b>					
Male	208	55.17241	36,872	48.98697	0.887889
Female	169	44.82759	38,397	51.01303	1.137983
<b>Age:</b>					
20 to 34 years	17	4.53333	12,772	21.95709	4.84348
35 to 44 years	30	8.00000	8,128	13.97332	1.74666
45 to 54 years	45	12.00000	10,291	17.69186	1.47432
55 to 59 years	29	7.73333	6,427	11.04903	1.42875
60 to 64 years	59	15.73333	5,301	9.11326	0.57923
65 to 74 years	125	33.33333	8,648	14.86728	0.44602
75 to 84 years	59	15.73333	4,605	7.91672	0.50318
85+ years	11	2.93333	1,996	3.43144	1.16981
<b>Race:</b>					
White	350	91.86352	62,984	83.67854	0.91090
Non-White	31	8.13648	12,285	16.32146	2.00596
<b>Household Income:</b>					
Less than \$25,000	62	17.17452	6,585	20.84191	1.21354
\$25,000 to \$34,999	35	9.69529	3,507	11.09986	1.14487
\$35,000 to \$49,999	56	15.51247	5,352	16.93939	1.09199
\$50,000 to \$74,999	83	22.99169	5,999	18.98718	0.82583
\$75,000 to \$99,999	51	14.12742	3,797	12.01772	0.85067
\$100,000 to \$149,999	46	12.74238	4,018	12.71720	0.99802
\$150,000 or more	28	7.75623	2,337	7.39674	0.95365

**Note:** The weighting ratios are calculated by taking the ratio of the proportion of the population of Erie County in each subcategory by the proportion of the sample in the Erie County survey for that same category.

\*Erie County population figures taken from the 2017 Census estimates.



## Appendix V: Erie County Sample Demographic Profile\*

Adult Variable	2019 Erie County Adult Survey Sample	Erie County Census 2013-2017 (5-year estimate)	Ohio Census 2017 (1-year estimate)
<b>Age</b>			
20-29	2.3%	11.5%	13.3%
30-39	6.3%	10.4%	12.5%
40-49	9.9%	12.1%	12.0%
50-59	13.0%	15.8%	13.7%
60 plus	66.1%	27.2%	23.4%
<b>Race/Ethnicity</b>			
White	91.9%	86.1%	81.3%
Black or African American	3.6%	8.5%	12.4%
American Indian and Alaska Native	0.8%	0.2%	0.2%
Asian	0.3%	0.6%	2.2%
Other	1.8%	1.1%	0.9%
Hispanic Origin (may be of any race)	1.3%	4.2%	3.7%
<b>Marital Status†</b>			
Married Couple	60.9%	49.2%	47.4%
Never been married/member of an unmarried couple	10.7%	27.9%	32.6%
Divorced/Separated	13.8%	15.4%	13.7%
Widowed	14.1%	7.6%	6.3%
<b>Education†</b>			
Less than High School Diploma	3.9%	8.4%	9.7%
High School Diploma	30.7%	38.0%	33.3%
Some college/ College graduate	64.9%	53.6%	56.9%
<b>Income (Families)</b>			
\$14,999 and less	5.2%	7.4%	6.9%
\$15,000 to \$24,999	11.0%	5.7%	6.6%
\$25,000 to \$49,999	23.7%	23.2%	21.2%
\$50,000 to \$74,999	21.6%	22.3%	19.5%
\$75,000 or more	32.6%	41.5%	45.9%

\* The percents reported are the actual percent within each category who responded to the survey. The data contained within the report however are based on weighted data (weighted by age, race, sex, and income). Percents may not add to 100% due to missing data (non-responses).

† The Ohio and Erie County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

Youth Variable	2019 Youth Survey Sample*
<b>Age</b>	
12 years old or younger	12.6%
13 years old	19.6%
14 years old	25.4%
15 years old	12.6%
16 years old	11.6%
17 years old	11.0%
18 years old or older	7.2%
<b>Gender</b>	
Male	51.1%
Female	47.4%
Transgender	0.8%
Do not identify as female, male or transgender	0.6%
<b>Race/Ethnicity</b>	
White	88.8%
American Indian and Alaska Native	6.2%
Black or African American	10.2%
Hispanic or Latino	6.0%
Asian	2.7%
Native Hawaiian or Other Pacific Islander	0.6%
Other	8.3%
<b>Grade Level</b>	
Middle School (6-8)	57.6%
High School (9-12)	42.4%
<b>Individual Grade Level</b>	
6 <sup>th</sup> grade	9.3%
7 <sup>th</sup> grade	16.9%
8 <sup>th</sup> grade	31.4%
9 <sup>th</sup> grade	11.8%
10 <sup>th</sup> grade	9.9%
11 <sup>th</sup> grade	12.2%
12 <sup>th</sup> grade	8.5%

\*Percents may not add to 100% due to missing data (non-responses) or percent's may exceed 100% due to respondents answering more than option.

# Appendix VI: Demographics and Household Information

## Erie County Population by Age Groups and Gender U.S. Census 2010

Age	Total	Males	Females
<b>Erie County</b>	<b>77,079</b>	<b>37,782</b>	<b>39,297</b>
<b>0-4 years</b>	<b>4,197</b>	<b>2,144</b>	<b>2,053</b>
1-4 years	3,396	1,721	1,675
< 1 year	801	423	378
1-2 years	1,709	860	849
3-4 years	1,687	861	826
<b>5-9 years</b>	<b>4,629</b>	<b>2,350</b>	<b>2,279</b>
5-6 years	1,858	956	902
7-9 years	2,771	1,394	1,377
<b>10-14 years</b>	<b>4,977</b>	<b>2,552</b>	<b>2,425</b>
10-12 years	2,921	1,479	1,442
13-14 years	2,056	1,073	983
12-18 years	7,445	3,855	3,590
<b>15-19 years</b>	<b>5,101</b>	<b>2,645</b>	<b>2,456</b>
15-17 years	3,342	1,723	1,619
18-19 years	1,759	922	837
20-24 years	3,967	1,961	2,006
25-29 years	4,079	2,016	2,063
30-34 years	3,897	1,902	1,995
35-39 years	4,415	2,185	2,230
40-44 years	4,861	2,407	2,454
45-49 years	5,884	2,869	3,015
50-54 years	6,347	3,053	3,294
55-59 years	5,977	2,972	3,005
60-64 years	5,443	2,665	2,778
65-69 years	4,018	1,933	2,085
70-74 years	2,997	1,438	1,559
75-79 years	2,413	1,102	1,311
80-84 years	1,921	828	1,093
85-89 years	1,328	572	756
90-94 years	504	163	341
95-99 years	110	24	86
100-104 years	14	1	13
105-109 years	0	0	0
110 years & over	0	0	0
<b>Total 85 years and over</b>	<b>1,956</b>	<b>760</b>	<b>1,196</b>
<b>Total 65 years and over</b>	<b>13,305</b>	<b>6,061</b>	<b>7,244</b>
<b>Total 19 years and over</b>	<b>58,939</b>	<b>28,478</b>	<b>30,461</b>

# ERIE COUNTY PROFILE

(Source: U.S. Census Bureau, 2013-2017)  
2013-2017 ACS 5-year estimates

## General Demographic Characteristics

	Number	Percent (%)
<b>Total Population</b>		
2017 Total Population	75,369	100%
<b>Largest City – Sandusky</b>		
2017 Total Population	25,139	100%
<b>Population by Race/Ethnicity</b>		
Total Population	75,369	100%
White	64,861	86.1%
African American	6,389	8.5%
Hispanic or Latino (of any race)	3,147	4.2%
Two or more races	2,675	3.5%
Asian	445	0.6%
Some other race	806	1.1%
American Indian and Alaska Native	186	0.2%
<b>Population by Age</b>		
Under 5 years	3,970	5.3%
5 to 17 years	11,401	15.5%
18 to 24 years	6,105	8.1%
25 to 44 years	16,355	21.6%
45 to 64 years	22,019	29.2%
65 years and over	15,249	20.2%
<b>Median age (years)</b>	<b>44.6</b>	<b>N/A</b>
<b>Household by Type</b>		
Total households	31,577	100%
Total families	19,879	63.0%
Households with children <18 years	7,211	22.8%
Married-couple family household	14,716	46.6%
Married-couple family household with children <18 years	4,227	13.4%
Female householder, no husband present	4,063	12.9%
Female householder, no husband present with children <18 years	2,434	7.7%
Nonfamily household (single person)	11,698	37.0%
Nonfamily household (single person) living alone	9,534	81.5%
Nonfamily household (single person) 65 years and over	4,188	35.8%
Households with one or more people <18 years	7,989	25.3%
Households with one or more people 60 years and over	13,989	44.3%
Average household size	2.34 people	N/A
Average family size	2.89 people	N/A

**General Demographic Characteristics, Continued**

<b>Housing Occupancy</b>		
Median value of owner-occupied units	\$132,400	N/A
Median housing units with a mortgage	\$1,143	N/A
Median housing units without a mortgage	\$455	N/A
Median value of occupied units paying rent	\$716	N/A
Median rooms per total housing unit	5.9	N/A
Total occupied housing units	31,577	N/A
No telephone service available	571	1.8%
Lacking complete kitchen facilities	164	0.5%
Lacking complete plumbing facilities	107	0.3%

**Selected Social Characteristics**

<b>School Enrollment</b>		
Population 3 years and over enrolled in school	16,548	100%
Nursery & preschool	1,161	7.0%
Kindergarten	875	5.3%
Elementary School (Grades 1-8)	6,946	42.0%
High School (Grades 9-12)	3,793	22.9%
College or Graduate School	3,773	22.8%
<b>Educational Attainment</b>		
Population 25 years and over	53,623	100%
< 9 <sup>th</sup> grade education	1,117	2.1%
9 <sup>th</sup> to 12 <sup>th</sup> grade, no diploma	3,389	6.3%
High school graduate (includes equivalency)	20,400	38.0%
Some college, no degree	11,460	21.4%
Associate degree	5,267	9.8%
Bachelor's degree	7,607	14.2%
Graduate or professional degree	4,383	8.2%
Percent high school graduate or higher	N/A	91.6%
Percent Bachelor's degree or higher	N/A	22.4%
<b>Marital Status</b>		
Population 15 years and over	62,650	100%
Never married	17,479	27.9%
Now married, excluding separated	30,824	49.2%
Separated	1,316	2.1%
Widowed	4,761	7.6%
Widowed females	3,696	5.9%
Divorced	8,332	13.3%
Divorced females	4,385	7.0%
<b>Veteran Status</b>		
Civilian population 18 years and over	59,713	100%
Veterans 18 years and over	6,430	10.8%

**Selected Social Characteristics, Continued**

<b>Disability Status of the Civilian Non-Institutionalized Population</b>		
Total civilian noninstitutionalized population	74,420	100%
Civilian with a disability	10,804	14.5%
Under 18 years	15,612	21.0%
Under 18 years with a disability	488	3.1%
18 to 64 years	44,173	59.4%
18 to 64 years with a disability	5,220	11.8%
65 Years and over	14,635	19.7%
65 Years and over with a disability	5,096	34.8%

**Selected Economic Characteristics**

<b>Employment Status</b>		
Population 16 years and over	61,728	100%
16 years and over in labor force	38,325	62.1%
16 years and over not in labor force	23,403	37.9%
Females 16 years and over	31,732	100%
Females 16 years and over in labor force	18,412	58.0%
Population living with own children <6 years	4,860	100%
All parents in family in labor force	3,786	77.9%
<b>Class of Worker</b>		
Civilian employed population 16 years and over	35,825	100%
Private wage and salary workers	29,334	81.9%
Government workers	4,623	12.9%
Self-employed workers in own not incorporated business	1,838	5.1%
Unpaid family workers	30	0.1%
<b>Occupations</b>		
Employed civilian population 16 years and over	35,825	100%
Management, business, science, and art occupations	10,992	30.7%
Service occupations	7,602	21.2%
Sales and office occupations	7,428	20.7%
Production, transportation, and material moving occupations	6,622	18.5%
Natural resources, construction, and maintenance occupations	3,181	8.9%
<b>Leading Industries</b>		
Employed civilian population 16 years and over	35,825	100%
Educational, health and social services	7,843	21.9%
Manufacturing	6,733	18.8%
Arts, entertainment, recreation, accommodation, and food services	5,843	16.3%
Trade (retail and wholesale)	4,425	12.3%
Professional, scientific, management, administrative, and waste management services	1,965	5.5%
Construction	1,776	5.0%
Transportation and warehousing, and utilities	1,736	4.8%
Public administration	1,629	4.5%
Other services (except public administration)	1,440	4.0%
Finance, insurance, real estate and rental and leasing	1,331	3.7%
Information	605	1.7%
Agriculture, forestry, fishing and hunting, and mining	449	1.4%

**Selected Economic Characteristics, Continued**

<b>Income In 2017</b>		
Households	31,893	100%
< \$10,000	2,741	8.6%
\$10,000 to \$14,999	1,048	3.3%
\$15,000 to \$24,999	2,075	6.5%
\$25,000 to \$34,999	3,137	9.8%
\$35,000 to \$49,999	4,776	15.0%
\$50,000 to \$74,999	6,882	21.6%
\$75,000 to \$99,999	4,088	12.8%
\$100,000 to \$149,999	4,071	12.8%
\$150,000 to \$199,999	1,765	5.5%
\$200,000 or more	1,310	4.1%
<b>Median household income</b>	<b>\$54,958</b>	N/A
<b>Income in 2017</b>		
Families	19,922	19,922
< \$10,000	985	4.90%
\$10,000 to \$14,999	458	2.30%
\$15,000 to \$24,999	630	3.20%
\$25,000 to \$34,999	1,197	6.00%
\$35,000 to \$49,999	2,443	12.30%
\$50,000 to \$74,999	5,182	26.00%
\$75,000 to \$99,999	3,116	15.60%
\$100,000 to \$149,999	3,477	17.50%
\$150,000 to \$199,999	1,439	7.20%
\$200,000 or more	995	5.00%
<b>Median family income</b>	69,267	N/A
<b>Per capita income in 2017</b>	<b>\$32,654</b>	N/A
<b>Poverty Status in 2017</b>		
Families	N/A	9.2%
Individuals	N/A	12.9%

*(Source: U.S. Census Bureau, 2017)*

**Bureau of Economic Analysis (BEA) Per Capita Personal Income (PCPI) Figures**

	<b>Income</b>	<b>Rank of Ohio Counties</b>
BEA Per Capita Personal Income 2017	\$64,157	3 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2016	\$60,874	3 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2015	\$56,602	4 <sup>th</sup> of 88 counties
BEA Per Capita Personal Income 2014	\$57,082	3 <sup>rd</sup> of 88 counties
BEA Per Capita Personal Income 2013	\$58,679	2 <sup>nd</sup> of 88 counties

*(BEA PCPI figures are greater than Census figures for comparable years due to deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things)*

### Poverty Rates, 2013-2017 5-year averages

Category	Erie County	Ohio
Population in poverty	13.0%	14.9%
< 125% FPL (%)	17.6%	19.3%
< 150% FPL (%)	21.3%	23.6%
< 200% FPL (%)	29.9%	32.5%
Population in poverty (2002)	9.1%	10.2%

(Source: *The Ohio Poverty Report*, Ohio Development Services Agency, February 2019  
<http://www.development.ohio.gov/files/research/P7005.pdf>)

### Employment Statistics

Category	Erie County	Ohio
Labor Force	36,700	5,793,200
Employed	35,100	5,600,900
Unemployed	1,600	192,300
Unemployment Rate* in April 2019	4.3	3.3
Unemployment Rate* in March 2019	5.6	4.1
Unemployment Rate* in April 2018	5.4	4.3

\*Rate equals unemployment divided by labor force

(Source: Ohio Department of Job and Family Services, April 2019, <http://ohiolmi.com/laus/OhioCivilianLaborForceEstimates.pdf>)



### Estimated Poverty Status in 2017

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
<b>Erie County</b>				
All ages in poverty	9,065	7,563 to 10,567	12.4%	10.3 to 14.5
Ages 0-17 in poverty	2,725	2,099 to 3,351	18.2%	14.0 to 22.4
Ages 5-17 in families in poverty	1,931	1,454 to 2,408	17.5%	13.2 to 21.8
Median household income	\$54,849	\$51,683 to \$58,015		
<b>Ohio</b>				
All ages in poverty	1,575,401	1,551,281 to 1,599,521	13.9%	13.7 to 14.1
Ages 0-17 in poverty	507,119	493,056 to 521,182	19.8%	19.2 to 20.4
Ages 5-17 in families in poverty	339,888	328,221 to 351,555	18.2%	17.6 to 18.8
Median household income	\$ 54,077	\$53,670 to \$54,484		
<b>United States</b>				
All ages in poverty	42,583,651	42,342,619 to 42,824,683	13.4%	13.3 to 13.5
Ages 0-17 in poverty	13,353,202	13,229,339 to 13,477,065	18.4%	18.2 to 18.6
Ages 5-17 in families in poverty	9,420,233	9,331,212 to 9,509,254	17.8%	17.6 to 18.0
Median household income	\$60,336	\$60,250 to \$60,422		

(Source: U.S. Census Bureau, 2017 Poverty and Median Income Estimates  
<https://factfinder.census.gov/faces/nav/jsf/pages/searchresults.xhtml?refresh=t>)

### Federal Poverty Thresholds in 2018 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$ 13,064					
1 Person 65 and >	\$ 12,043					
2 people Householder < 65 years	\$ 16,815	\$17,308				
2 People Householder 65 and >	\$15,178	\$17,242				
3 People	\$19,642	\$20,212	\$20,231			
4 People	\$25,900	\$26,324	\$25,465	\$25,554		
5 People	\$31,234	\$31,689	\$30,718	\$29,967	\$29,509	
6 People	\$35,925	\$36,068	\$35,324	\$34,612	\$34,612	\$32,925
7 People	\$41,336	\$41,594	\$40,705	\$40,085	\$38,929	\$37,581
8 People	\$46,231	\$46,640	\$45,800	\$45,064	\$44,021	\$42,696
9 People or >	\$55,613	\$55,883	\$55,140	\$54,516	\$53,491	\$52,082

(Source: U. S. Census Bureau, Poverty Thresholds 2018,  
<https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>)

## Appendix VII: County Health Rankings

	Erie County 2019	Ohio 2019	U.S. 2019
<b>Health Outcomes</b>			
<b>Premature death.</b> Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2015-2017)	9,300	8,500	6,900
<b>Overall health.</b> Percentage of adults reporting fair or poor health (age-adjusted) (2016)	16%	17%	16%
<b>Physical health.</b> Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2016)	4.0	4.0	3.7
<b>Mental health.</b> Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2016)	3.9	4.3	3.8
<b>Maternal and infant health.</b> Percentage of live births with low birthweight (< 2500 grams) (2011-2017)	8%	9%	8%
<b>Health Behaviors</b>			
<b>Tobacco.</b> Percentage of adults who are current smokers (2016)	20%	23%	17%
<b>Obesity.</b> Percentage of adults that report a BMI of 30 or more (2015)	35%	32%	29%
<b>Food environment.</b> Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015 and 2016)	7.4	6.7	7.7
<b>Physical inactivity.</b> Percentage of adults aged 20 and over reporting no leisure-time physical activity (2015)	29%	25%	22%
<b>Active living environment.</b> Percentage of population with adequate access to locations for physical activity (2010 & 2018)	86%	84%	84%
<b>Drug and alcohol abuse.</b> Percentage of adults reporting binge or heavy drinking (2016)	18%	19%	18%
<b>Drug and alcohol abuse and injury.</b> Percentage of driving deaths with alcohol involvement (2013-2017)	22%	33%	29%
<b>Infectious disease.</b> Number of newly diagnosed chlamydia cases per 100,000 population (2016)	502	521	497.3
<b>Sexual and reproductive health.</b> Teen birth rate per 1,000 female population, ages 15-19 (2011-2017)	27	26	25

(Source: 2019 County Health Rankings for Erie County, Ohio, and U.S. data)

	Erie County 2019	Ohio 2019	U.S. 2019
<b>Clinical Care</b>			
<b>Coverage and affordability.</b> Percentage of population under age 65 without health insurance (2016)	6%	7%	10%
<b>Access to health care/medical care.</b> Ratio of population to primary care physicians (2016)	1,340:1	1,300:1	1,330:1
<b>Access to dental care.</b> Ratio of population to dentists (2017)	1,500:1	1,620:1	1,460:1
<b>Access to behavioral health care.</b> Ratio of population to mental health providers (2018)	460:1	470:1	440:1
<b>Hospital utilization.</b> Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2016)	5,348	5,135	4,520
<b>Mammography screening.</b> Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening (2016)	40%	41%	41%
<b>Flu vaccinations.</b> Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination (2016)	46%	47%	45%
<b>Social and Economic Factors</b>			
<b>Education.</b> Percentage of ninth-grade cohort that graduates in four years (2017-2018)	94%	85%	85%
<b>Education.</b> Percentage of adults ages 25-44 years with some post-secondary education (2013-2017)	65%	65%	65%
<b>Employment, poverty, and income.</b> Percentage of population ages 16 and older unemployed but seeking work (2017)	6.2%	5.0%	4.4%
<b>Employment, poverty, and income.</b> Percentage of children under age 18 in poverty (2017)	18%	20%	18%
<b>Employment, poverty, and income.</b> Ratio of household income at the 80th percentile to income at the 20th percentile (2013-2017)	4.1	4.8	4.9
<b>Family and social support.</b> Percentage of children that live in a household headed by single parent (2013-2017)	39%	36%	33%
<b>Family and social support.</b> Number of membership associations per 10,000 population (2016)	14.2	11.2	9.3
<b>Violence.</b> Number of reported violent crime offenses per 100,000 population (2014 and 2016)	121	293	386
<b>Injury.</b> Number of deaths due to injury per 100,000 population (2013-2017)	87	82	67

(Source: 2019 County Health Rankings for Erie County, Ohio, and U.S. data)

	Erie County 2019	Ohio 2019	U.S. 2019
<b>Physical Environment</b>			
<b>Air, water, and toxic substances.</b> Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2014)	11.1	11.5	8.6
<b>Air, water, and toxic substances.</b> Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation (2017)	No	N/A	N/A
<b>Housing.</b> Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2011-2015)	12%	15%	18%
<b>Transportation.</b> Percentage of the workforce that drives alone to work (2013-2017)	85%	83%	76%
<b>Transportation.</b> Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2013-2017)	22%	30%	35%

N/A – Not Available

(Source: 2019 County Health Rankings for Erie County, Ohio, and U.S. data)