

Medina County Health Forum

2007 Report Card on

Healthy People 2010

Leading Health Indicators



Health Forum Vision:

Health care and optimal health for every citizen of Medina County.

Health Forum Mission:

The Health Forum is a partnership to monitor current critical health indicators of health status and to proactively develop strategies to improve the health of Medina County residents.





What is Health Status?

Health status is a description of the health of the total population. We can measure health status by birth and death rates, life expectancy, quality of life, morbidity (illness) from specific diseases, risk factors, use of ambulatory care and inpatient care, access to health care, financing of health care, health insurance coverage, and many other factors.

The information used to report health status comes from a variety of sources, including birth and death records; hospital discharge data; third party payers; and health information collected from health care records, personal interviews, physical examinations, and telephone surveys.

Individual *biology* and *behaviors* influence health through their interaction with each other, and with the individual's *social* and *physical environments*. In addition, *policies* and *interventions* can improve health by targeting factors related to individuals and their environments, including *access to quality health care*.

What is the Medina County Health Forum?

The Medina County Health Forum consists of numerous agencies providing guidance and input to the process. This steering committee has provided baseline data, staff time, and expert opinions to help develop this report card.

The Health Forum is utilizing the Healthy People 2010 Leading Health Indicators to monitor the health status of Medina County residents.

Health Forum Steering Committee Participating Agencies
Achievement Center
Alcohol Drug Addiction and Mental Health Board
Alterative Paths
County Commissioners
Emergency Management Agency
Job and Family Services
Lodi Community Hospital
Medina County Career Center
Medina County Department of Planning Services
Medina County Drug Abuse Commission
Medina County Economic Development Corporation
Medina County Education Service Center
Medina County Extension
Medina County Family First Council
Medina County Health Department
Medina County Park District
Medina General Hospital
Medina Metropolitan Housing Authority
Solutions Behavioral Healthcare
WRH Health System

Please note:

- Data presented in this report is as complete as possible on publication date.
- Some data may be limited and may not be a representative sample of Medina County.
- The Health Forum acknowledges that data may be incomplete.
- Future reports will work to refine data to better match Healthy People 2010 goals and objectives.

What are Leading Health Indicators?

The Leading Health Indicators reflect the major public health concerns in the United States. They were chosen based on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues. The Leading Health Indicators illuminate individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities.

For each of the Leading Health Indicators, specific objectives from Healthy People 2010 will be used to track progress. Tracking and communicating progress on the Leading Health Indicators through National, State, and Local level report cards, such as this one, will spotlight achievements and challenges.

The Leading Health Indicators are intended to help everyone more easily understand the importance of health promotion and disease prevention, and to encourage wide participation in improving health.

Developing strategies and action plans to address one or more of these indicators can have a profound effect on increasing the quality of life and the years of healthy life, and on eliminating health disparities—creating *healthy people in healthy communities*.

On the following pages, you will see how Medina County compares to the goals set in Healthy People 2010.

Leading Health Indicators

- ◆ Physical activity
- ◆ Overweight and obesity
- ◆ Tobacco use
- ◆ Substance abuse
- ◆ Responsible sexual behavior
- ◆ Mental health
- ◆ Injury and violence
- ◆ Environmental quality
- ◆ Immunization
- ◆ Access to health care



Online Resources



Healthy People 2010—www.healthypeople.gov

Centers for Disease Control and Prevention—www.cdc.gov

The Community Guide—www.thecommunityguide.org

Healthy Ohioans—www.healthyohioans.org

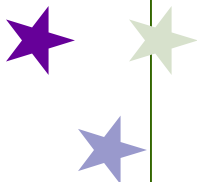
Ohio Department of Health—www.odh.state.oh.us

Sources of Data for this report

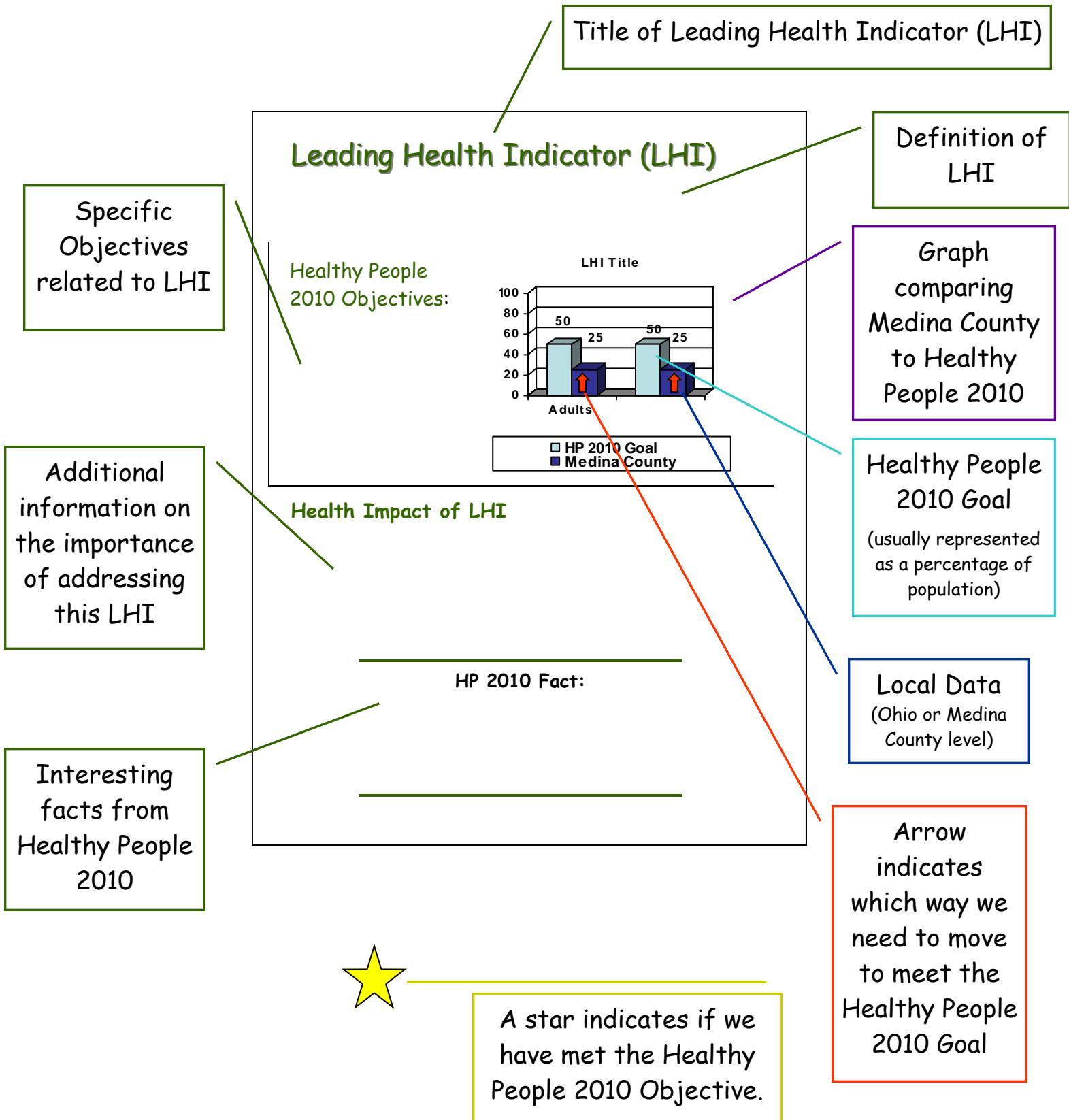
1. Healthy Ohioans
2. Ohio Department of Health, Information Warehouse
3. Akron Regional Air Quality Management District
4. Family First Council Needs Assessment
5. Medina County Drug Abuse Commission
6. Medina County Tobacco Coalition
7. Alternative Paths
8. Medina County Health Department

Additional information available from:

Medina County Health Department
888-723-9688 ext. 635



How to Read This Report



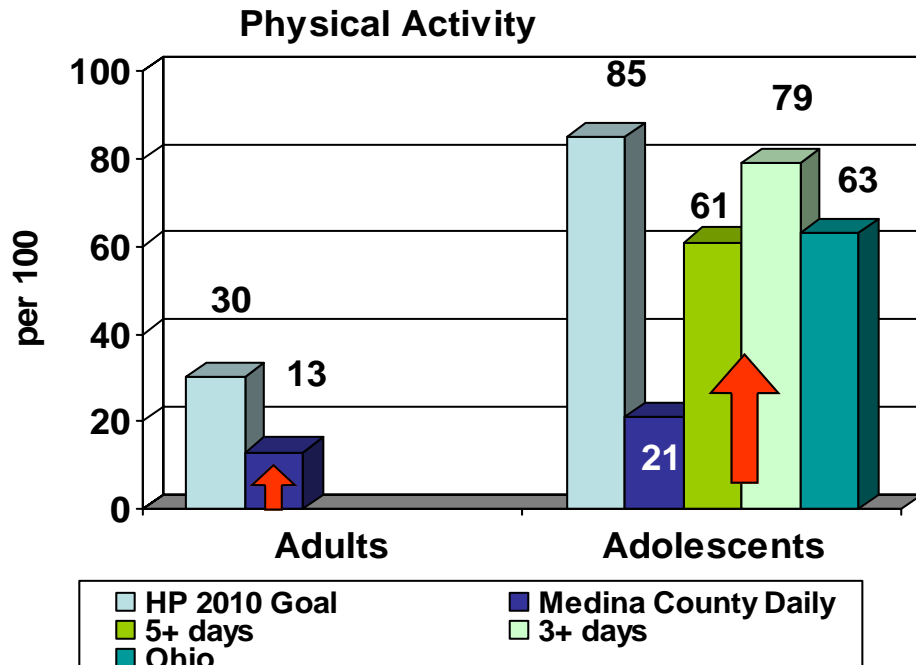
Physical Activity

Regular physical activity throughout life is important for maintaining a healthy body, enhancing psychological well-being, and preventing premature death.

Healthy People 2010 Objectives:

Increase proportion of **adults** who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

Increase the proportion of **adolescents** who engage in vigorous physical activity, three or more days per week for 20 minutes or more per occasion.



Health Impact of Physical Activity

Regular physical activity is associated with lower death rates for adults, even when only moderate levels of physical activity are performed. Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer.

HP 2010 Fact:

Over the years, it has become clear that individual health is closely linked to community health—the health of the community and environment in which individuals live, work, and play. Likewise, community health is profoundly affected by the collective beliefs, attitudes, and behaviors of everyone who lives in the community.

Physical Activity Data:

- Adults: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003
- Adolescents, Medina County: Brunswick Schools, 2006
- Adolescents, Ohio: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003

Note: Physical activity guidelines have changed since Healthy People 2010 was written. For youth, the Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes most days of the week, preferably daily.



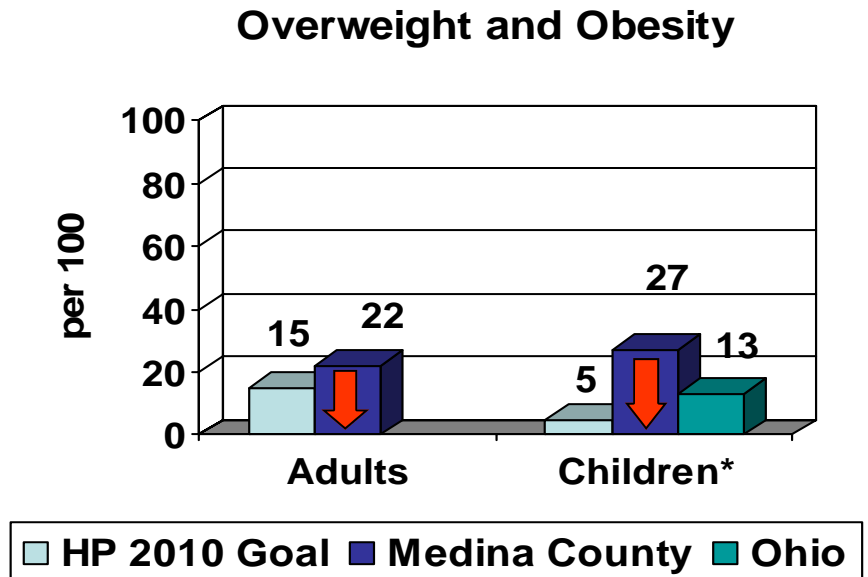
Overweight and Obesity

Overweight and obesity are major contributors to many preventable causes of death. On average, higher body weights are associated with higher death rates.

Healthy People 2010 Objectives:

Reduce the proportion of **adults** who are obese.

Reduce the proportion of **children** and adolescents who are overweight or obese.



Reducing Overweight and Obesity

Obesity is a result of a complex variety of social, behavioral, cultural, medical, environmental, physiological, and genetic factors. Efforts to maintain a healthy weight should start early in childhood and continue throughout adulthood.

Both a healthy diet and regular physical activity are important for maintaining a healthy weight. Over time, even a small decrease in calories eaten and a small increase in physical activity can help prevent weight gain or facilitate weight loss.

"Continued incremental changes in health behaviors add up like compound interest on a savings account."

Overweight/Obesity Data:

- Adults: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003
- Children and Adolescents: *Healthy Ohioans 2005 for 3rd graders (Adolescent data being collected in 2007)

Daniel J. Raub, D.O.
Health Commissioner
Medina County Health Department

Tobacco Use



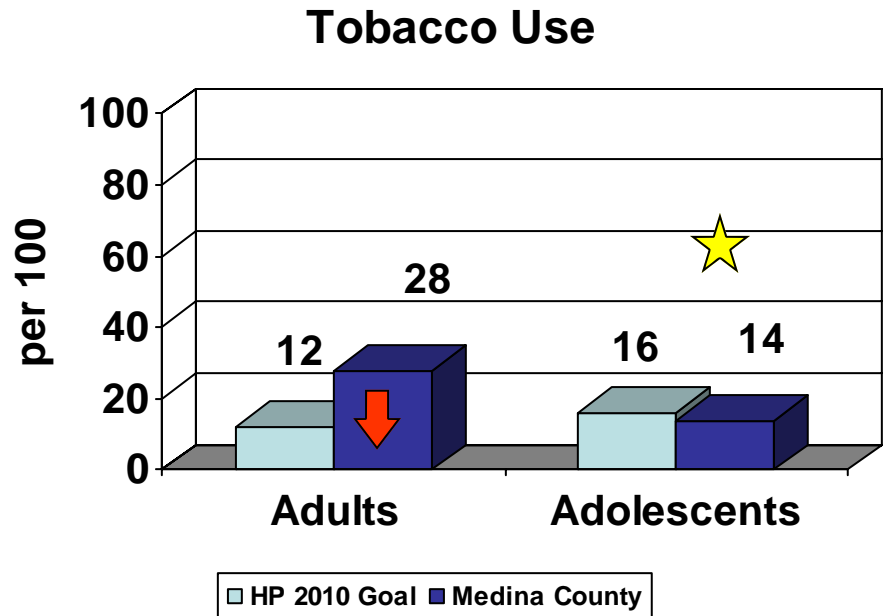
Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking results in more deaths each year in the United States than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes, and fires—combined.

Healthy People 2010

Objectives:

Reduce cigarette smoking by **adults**.

Reduce cigarette smoking by **adolescents**.



Health Impact of Tobacco Use

Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung diseases—all leading causes of death. Smoking during pregnancy can result in miscarriages, premature delivery, and sudden infant death syndrome. Other health effects of smoking result from injuries and environmental damage caused by fires.

HP 2010 Fact:

Cigarette smoking is the single most preventable cause of disease and death in the United States.

Tobacco Data:

- Adults: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003
- Adolescents: Medina County Tobacco Coalition, 2006 (grades 6-12 who indicated they do not smoke)



Substance Abuse

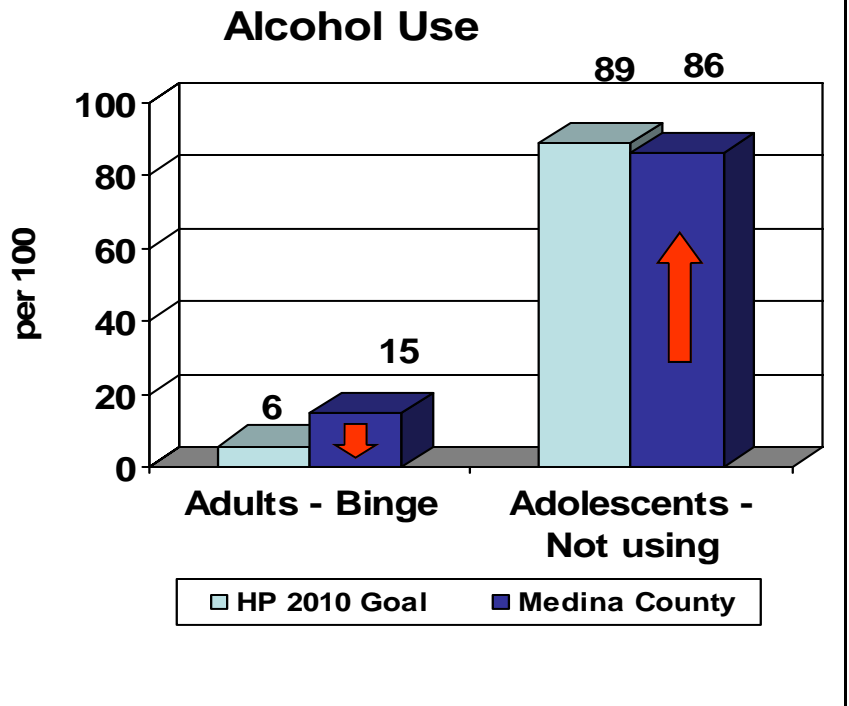
Alcohol and illicit drug use are associated with many of this country's most serious problems, including violence, injury, and HIV infection.

Healthy People 2010 Objectives:

Reduce the proportion of **adults** engaging in binge drinking during the past month.

Increase the proportion of **adolescents** not using alcohol or any illicit drugs during past 30 days.

Reduce the proportion of adults using any illicit drugs during past 30 days.*



Health Impact of Substance Abuse

Alcohol and illicit drug use are associated with child and spousal abuse; sexually transmitted infections; teen pregnancy; school failure; motor vehicle crashes; escalation of health care costs; low worker productivity; and homelessness.

Alcohol abuse alone is associated with motor vehicle crashes, homicides, suicides, and drowning—leading causes of death among youth. Long-term heavy drinking can lead to heart disease, cancer, alcohol-related liver disease, and pancreatitis. Alcohol use during pregnancy is known to cause fetal alcohol syndrome, a leading cause of preventable mental retardation.

Substance Abuse Data:

- Adults: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003
- Adolescents: Medina County Drug and Alcohol Commission, 2006

*Illicit drug use data not readily available

Responsible Sexual Behavior



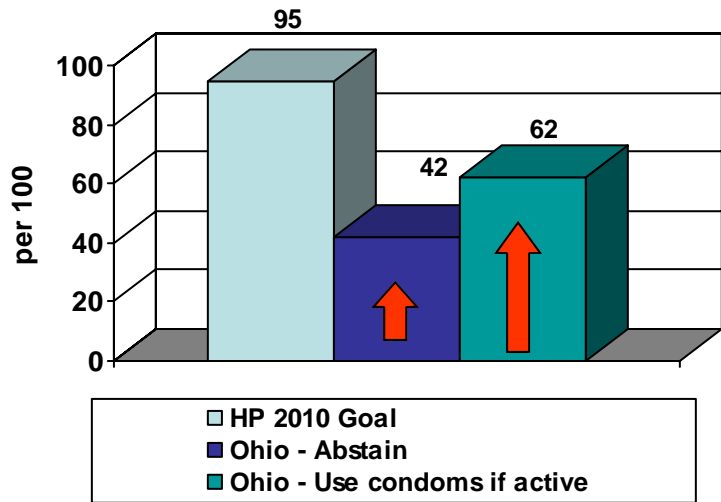
Unintended pregnancies and sexually transmitted infections (STIs), including infection with the human immunodeficiency virus (HIV) that causes AIDS, can result from unprotected sexual behaviors. Abstinence is the only method of complete protection. Condoms, if used correctly and consistently, can help prevent both unintended pregnancy and STIs.

Healthy People 2010 Objectives:

Increase the proportion of **adolescents** who abstain from sexual intercourse or use condoms if sexually active.

Increase the proportion of sexually active **adults** who use condoms.

Responsible Sexual Behavior - Adolescents

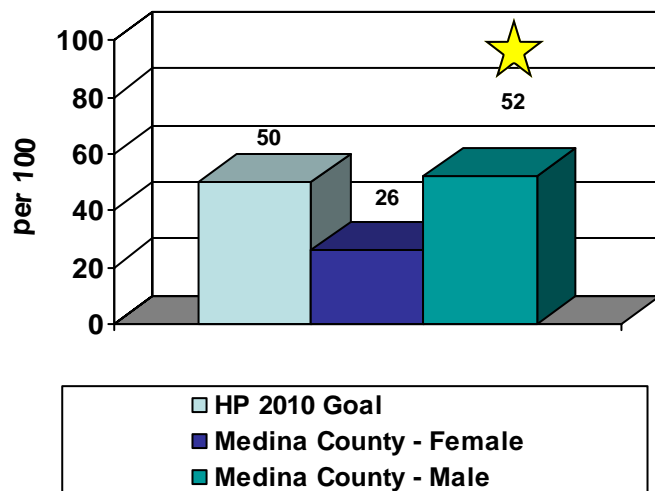


Trends in Sexual Behavior

In the past several years there has been both an increase in abstinence among all youth and an increase in condom use among those young people who are sexually active.

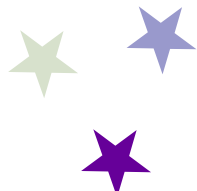
Research has shown clearly that the most effective school-based programs are comprehensive ones that include a focus on abstinence *and* condom use. Condom use in sexually active adults has remained steady at about 25 percent.

Responsible Sexual Behavior - Adults



Responsible Sexual Behavior Data:

- Adolescents, Ohio: Youth Risk Behavior Survey Executive Summary, 2005 (Medina County data not readily available)
- Adults: Ohio Department of Health Information Warehouse, Behavioral Risk Factor Survey, 2003



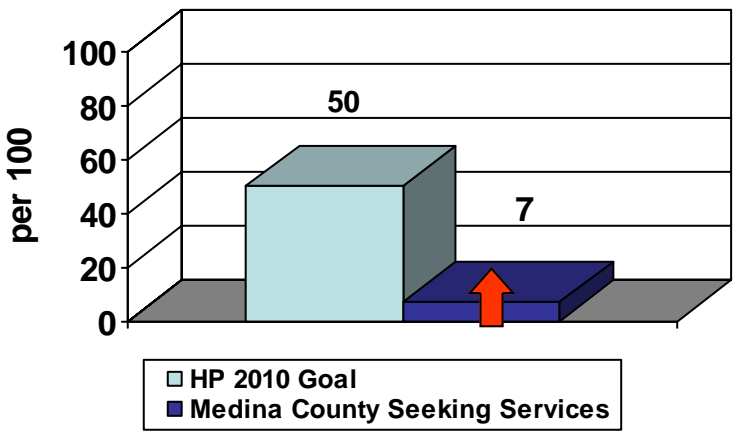
Mental Health

Approximately 20 percent of the U.S. population is affected by mental illness during a given year; no one is immune. Of all mental illnesses, depression is the most common disorder. Major depression is the leading cause of disability and is the cause of more than two-thirds of suicides each year.

Healthy People 2010 Objective:

Increase the proportion of **adults** with recognized depression who receive treatment.

Mental Health - Adults Treated for Depression



Health Impact of Mental Health

A person with a depressive disorder often is unable to fulfill the daily responsibilities of being a spouse, partner, or parent. The misunderstanding of mental illness and the associated stigmatization prevent many persons with depression from seeking professional help.

Depression is associated with other medical conditions, such as heart disease, cancer, and diabetes, as well as anxiety and eating disorders. Depression also has been associated with alcohol and illicit drug abuse. An estimated 8 million persons aged 15 to 54 years had coexisting mental and substance abuse disorders within the past year.

HP 2010 Fact:

Mental health is indispensable to personal well-being, family and interpersonal relationships, and one's contribution to society.

Mental Health Data:
• Seeking Services: Medina County Family First Council Needs Assessment, 2006

Injury and Violence

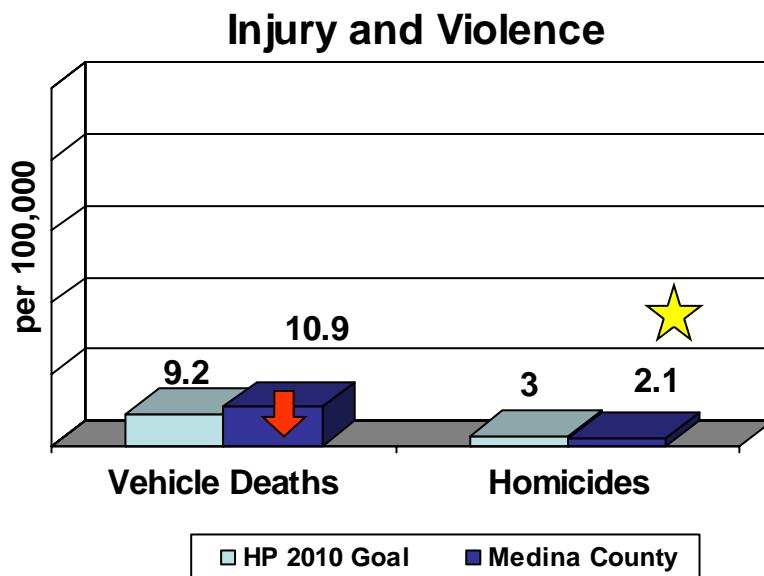


More than 400 Americans die *each day* from injuries due primarily to motor vehicle crashes, firearms, poisonings, suffocations, falls, fires, and drownings. The risk of injury is so great that most persons sustain a significant injury at some time during their lives. Motor vehicle crashes are the most common cause of serious injury. Because no other crime is measured as accurately and precisely, homicide is a reliable indicator of all violent crime.

Healthy People 2010 Objectives:

Reduce deaths caused by motor **vehicle** crashes.

Reduce **homicides**.



Health Impact of Injury and Violence

In 1995, the cost of injury and violence in the United States was estimated at more than \$224 billion per year. These costs include direct medical care and rehabilitation as well as productivity losses to the Nation's workforce. The total societal cost of motor vehicle crashes alone exceeds \$150 billion annually.

HP 2010 Fact:

Many factors that contribute to injuries also are closely associated with violent and abusive behavior, such as low income, discrimination, lack of education, and lack of employment opportunities.



Injury and Violence:

- Ohio Department of Health Information Warehouse, Death and Illness Data, 2002



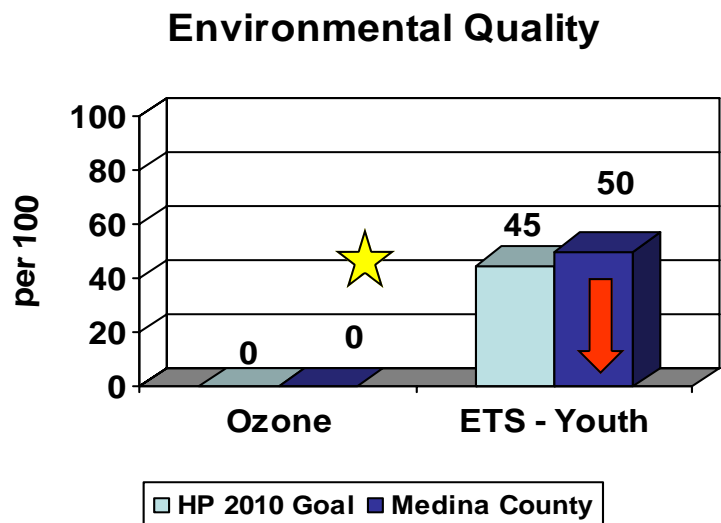
Environmental Quality

An estimated 25 percent of preventable illnesses worldwide can be attributed to poor environmental quality. In the United States, air pollution alone is estimated to be associated with 50,000 premature deaths and an estimated \$40 billion to \$50 billion in health-related costs annually. Two indicators of air quality are ozone (outdoor) and environmental tobacco smoke (indoor).

Healthy People 2010 Objectives:

Reduce the proportion of persons exposed to air that does not meet the US Environmental Protection Agency health-based standards for **ozone**.

Reduce the proportion of nonsmokers exposed to **environmental tobacco smoke (ETS)**.



Health Impact of Poor Air Quality

Poor air quality contributes to respiratory illness, cardiovascular disease, and cancer. For example, asthma can be triggered or worsened by exposure to ozone and environmental tobacco smoke (ETS).

Environmental Quality Data:

- Ozone: Akron Regional Air Quality Management District, 2006
- ETS: Medina County Tobacco Coalition, 2006 (youth data only)



Immunization



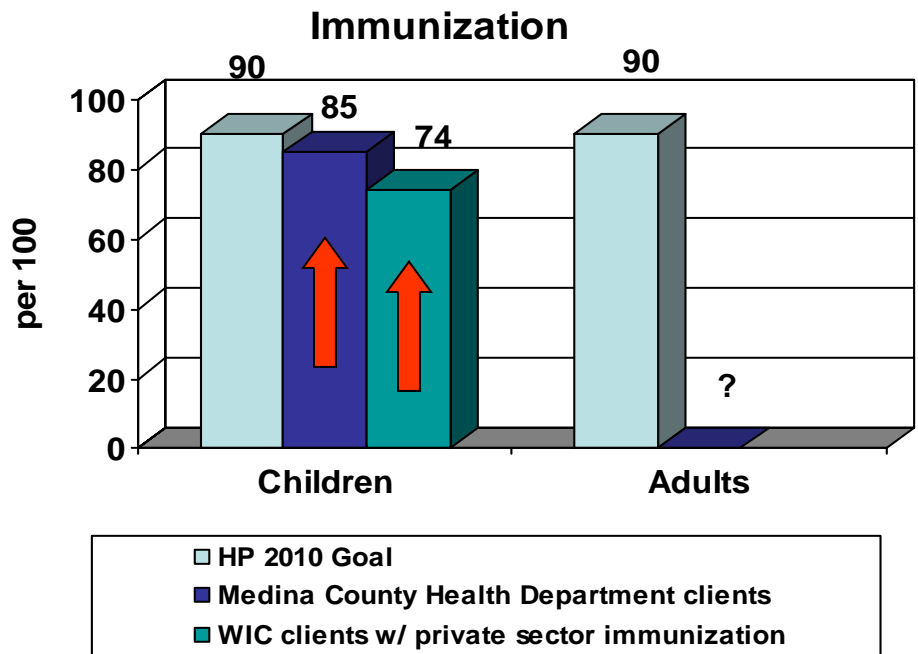
Vaccines are among the greatest public health achievements of the last (20th) century. Immunizations can prevent disability and death from infectious diseases for individuals and can help control the spread of infections within communities.

Healthy People 2010 Objectives:

Increase the proportion of **children** who receive all recommended vaccines.

Increase the proportion of adolescents who receive all recommended vaccines.*

Increase the proportion of **adults** who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease.**



Health Impact of Immunizations

Many once-common vaccine-preventable diseases now are controlled. Immunizations against influenza and pneumococcal disease can prevent serious illness and death.

HP 2010 Fact:

Barriers to adult immunization include not knowing immunizations are needed, misconceptions about vaccines, and lack of recommendations from health care providers.

Immunization Data:

- Children: Medina County Health Department (MCHD), 2006. Data for MCHD Nursing and Women, Infants, and Children (WIC) clinics only
- *Adolescent: Healthy People 2010 Goal is "developmental"
- **Adults: data not readily available

Note: Goal for 2007—Expand data compilation beyond MCHD clinics.

Access to Care

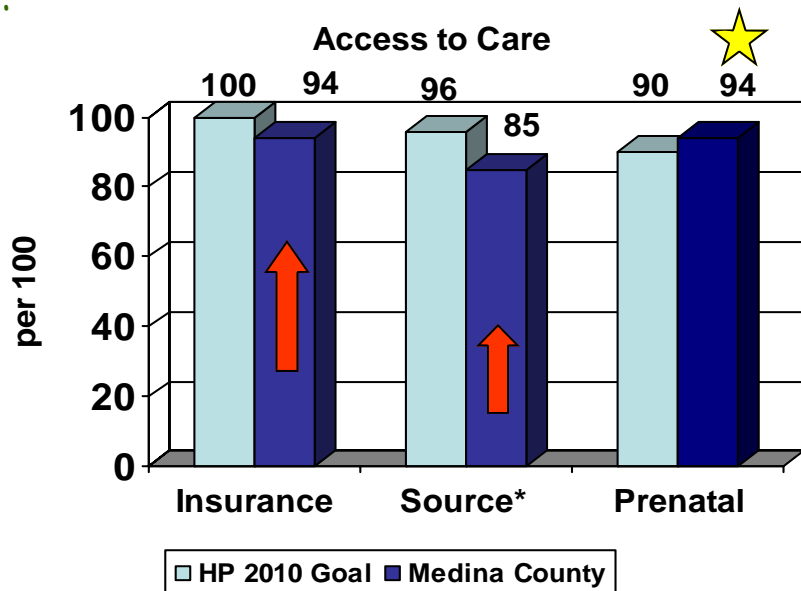
Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider or other source of ongoing health care. Use of clinical preventive services, such as early prenatal care, can serve as indicators of access to quality health care services.

Healthy People 2010 Objectives:

Increase the proportion of persons with health **insurance**.

Increase the proportion of persons who have a specific **source** of ongoing care.

Increase the proportion of pregnant women begin **prenatal** care in the first trimester of pregnancy.



Barriers to Access

Financial, structural, and personal barriers can limit access to health care. Financial barriers include not having health insurance, not having enough health insurance to cover needed services, or not having the financial capacity to cover services outside a health plan or insurance program. Structural barriers include the lack of primary care providers, medical specialists, or other health

care professionals. Personal barriers include cultural or spiritual differences, language barriers, or not knowing what to do or when to seek care.

Access to Care:

- Insurance: Medina County Family First Council Needs Assessment, 2006
- Source of Care: Medina County Family First Council Needs Assessment, 2006 (*Source = Primary Care Physician)
- Prenatal Care: Ohio Department of Health, Maternal and Child Health Indicators, 2002



Conclusions

The determinants of health—individual biology and behavior, physical and social environments, policies and interventions, and access to quality health care—have a profound effect on the health of individuals, communities, and the Nation. An evaluation of these determinants is an important part of developing any strategy to improve health.

- For some indicators, data does not exist for Medina County. Or, the data that does exist is not exactly what is needed for comparison to Healthy People.
- For the 10 Leading Health Indicators, there are 22 objectives. Medina County meets or exceeds the Healthy People goals for five of the 22 objectives, or 22.7% of the HP 2010 goals.

What's next?

Over the next year, Health Forum members will be charged with working together toward improving our Report Card, and the health of our residents.

Funding for health programs seems to diminish each year. Working together to acquire funds and to coordinate programs will be the key. Collaboration and complementary programs, not competing programs, will be essential.

The ultimate challenges now are process and action. How do we proceed beyond talk and analysis to improving the health of Medina County residents? Where do we go from here, and how do we get there? These are the issues for our activities in 2007. We solicit Health Forum members continued involvement and contribution, and the community's involvement, as we move forward.

